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The now, the next and the never of fashion

Metro unravels a month of style on the catwalks PAGE 31



OTTAWA

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Thursday, March 15, 2012

News worth sharing.



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SEE PAGE 22




Karla Santos, shown here with husband Adam Collins and daughters Ainsley, 1 and Ella, 4, was first diagnosed with a brain tumour in 2005. CONTRIBUTED

We are all fighting for Karla

Reaching out. The community comes together to support family of Ottawa cop fighting for her life

 STEVE COLLINS
steve.collins@metronews.ca

Family, friends and co-workers are rallying around an Ottawa policewoman as she battles cancer a third time.

Karla Santos, who sur-

vived brain tumours doctors discovered in 2005 and 2007, was diagnosed with a third in December.

"She can't walk and her speech isn't there either, so the only way she is communicating right now is through blinking," said her sister-in-law, Leah Harding.

"But we're hopeful that she can regain some of her hand motions and be able to point at some stuff."

Santos' husband, Adam Collins, is off work while caring for her, so the family's organized a fund-

raiser.

"Our emotions are on a rollercoaster, that's for sure," Harding said.

"One day everything looks great, the next day we feel like it's not going to get better, but we are all fighting. We're all fighting and pulling for Karla. She is fighting this. She's not one to give up on anything."

A Fundraising dinner for Karla Santos is scheduled for March 24 at 6 p.m. at the Nepean Sportsplex.

For tickets, go to fightforkarla.com.

Gut check for crime bill

Ottawa activist begins hunger strike against the Conservatives tough-on-crime legislation Bill C-10

PAGE 3

Swiss tour bus crash kills 28

Bus carrying dozens of children returning from a ski trip slams head-on into Swiss Alps tunnel wall

PAGE 16

Get your fill of the outdoors

The Ottawa Outdoor Adventure and Travel Show offers something for every open-air enthusiast

PAGE 22

Hamburgers made in a lab?

Using stem cells, engineers are a step closer to stocking store shelves with lab-made chicken, cattle and fish

PAGE 20

Goldman Sachs loses top dog

Executive director resigns, calling the environment 'toxic and destructive' in New York Times op-ed

PAGE 24

Rugs are all the rage

Find out how to make any room pop with artful, affordable, hand-spun and hand-dyed area rugs

PAGE 33

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ADVERTISING FEATURE

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showing. Your asking price is often your home's "first impression", and if you want to realize the most money you can for your home, it's imperative that you make a good first impression. This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your

neighbourhood have sold for is only a small part of the process, and on its own is not nearly enough to help you make the best decision. A recent study, which compiles 10 years of industry research, has resulted in a new special report entitled "Pricing Your Home: How to Get the Price You Want (and Need)". This FREE report will help you understand pricing strategy

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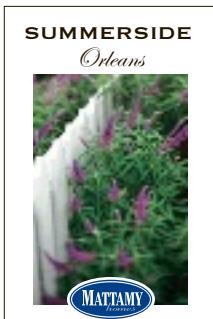
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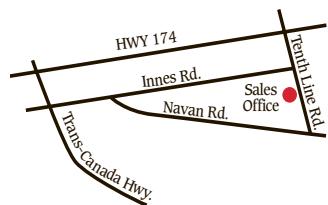
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Paul Benoit. CONTRIBUTED

Airport authority chief to retire next year

After 16 years at the helm, Ottawa International Airport Authority president and CEO Paul Benoit will retire February 2013.

Benoit oversaw a wholesale revitalization and expansion of the airport following its transfer from government to the stewardship of a not-for-profit airport authority. During his tenure, more than \$500 million was invested in airport infrastructure upgrades.

A new passenger terminal was built in 2003 at a cost of \$310 million, an expansion was carried out five years later at a cost of \$95 million, and a \$60-million expansion to the airport's parking facilities took place from 2004 to 2010.

"After 45 years, I think I will start by taking a bit of a rest. Then, who knows?" Benoit said of his plans for the future.

An executive search is expected to get underway shortly to replace Benoit, the airport authority said.

METRO



Obert Madondo plans to drink water and juice during the duration of his hunger strike to protest the federal government's Bill C-10. JOE LOFARO/METRO

'We have a responsibility to say no' to bill: Activist

Protest. Man says he's hunger striking to get Tories' omnibus crime bill repealed



JOE LOFARO

joe.lofaro@metronews.ca

An Ottawa activist has started a hunger strike in protest of the Conservative government's tough-on-crime legislation, Bill C-10.

Obert Madondo, one of eight protesters arrested for trespassing in Confederation Park during the Occupy Ottawa eviction on Nov. 23, 2011, started his hunger

Background

- Parliament passed the Safe Streets and Communities Act, known as Bill C-10, Monday.
- The bill received royal assent Tuesday afternoon.
- Minister of Justice Rob Nicholson's statement on Bill C-10 getting royal assent: "By imposing sentences that are

in proportion to the crimes committed, this bill recognizes that victims have suffered and gives them confidence in Canada's justice system."

- Critics say the bill's increased mandatory minimum sentences for drug traffickers and sexual predators would result in overcrowded prisons.

strike Wednesday at 12:01 a.m.

He vows to continue it until the bill is repealed.

One of the main problems he has with the bill is the section on youth crime,

which includes tougher sentences for young offenders.

"We are cannibalizing our youth," said Madondo. "We are sending them to jail for a long time to come back as hardened criminals."

And that concerns me."

He says he will carry out the hunger strike in his apartment and survive on nothing more than water and juice for as long as he can.

He doesn't expect the federal government to pay attention to him, but says his peaceful protest will draw the attention of MPs and other activists.

"I'm here to communicate to Canadians to say this is wrong and we have a responsibility to say no," said Madondo. "I'm prepared for that attitude where they're not going to listen to me, but I think where compassion is concerned, they will eventually listen."



NEWS

Mobile news



Tube riders in London are getting wired in time for the Olympics with free Wi-Fi in the underground subway system during the games. Scan (if you're not underground) for the full story.



On the web

Funny talk after 9-11

Arab-Muslim standup comedy is flourishing more than a decade after 9-11, and the comedian who gained notoriety on the "Axis of Evil Comedy Tour" makes it clear he's trying to do more than just lampoon himself and his people for easy laughs. Watch at metronews.ca/video

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Enough casino customers to go around: Lac Leamy official

OLG. Planned changes mean next March will mark end of slot machines at 17 Ontario racetracks, including Rideau-Carleton Raceway

 **STEVE COLLINS**
steve.collins@metronews.ca

Officials at Gatineau's Lac Leamy Casino aren't worried about the prospect of new competition in downtown Ottawa.

"I think there's room for everyone, and it forces us to be creative, it forces us to be innovative and to constantly rethink what we're doing, and that's a good thing," said Catherine Schellenberg, Lac Leamy's chief of communications.

The Ontario Lottery and Gaming Corp. is planning a sweeping overhaul of its gaming operations, closing underperforming facilities and opening new ones in promising

Sans faire rien

"There's more than one way to gamble."

Catherine Schellenberg, Lac Leamy Casino's chief of communications

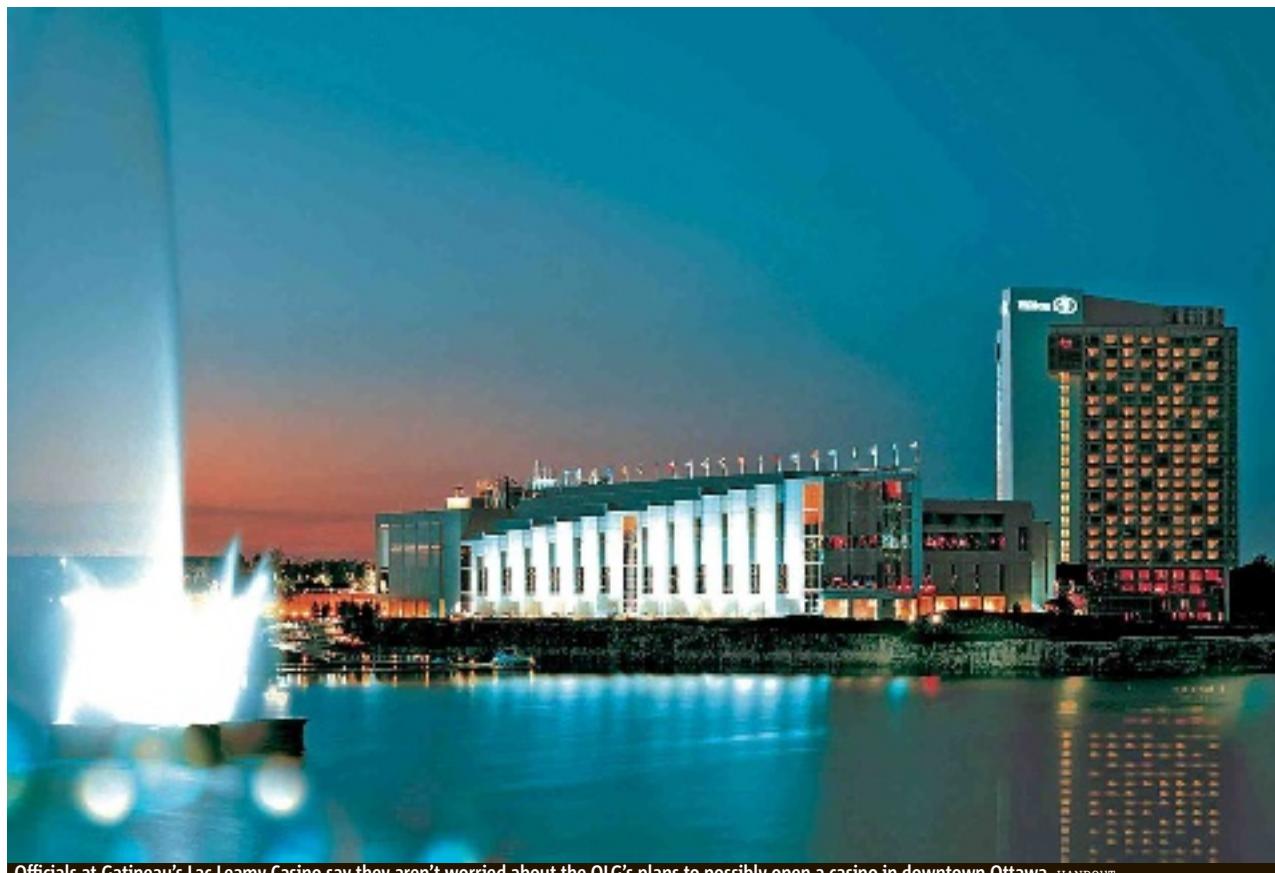
ing markets, possibly including Ottawa.

But Schellenberg doesn't expect Ottawa will be in the game any time soon.

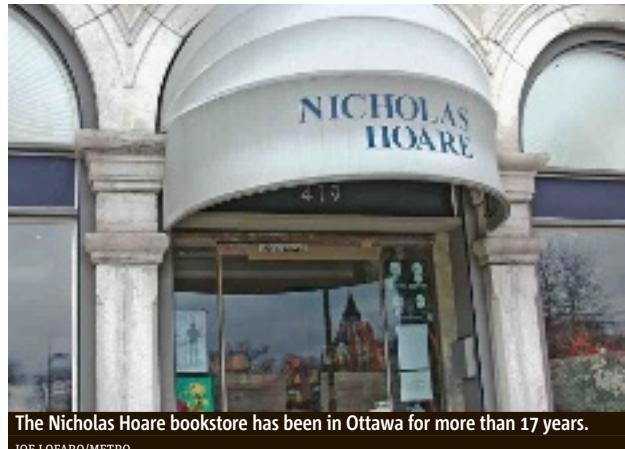
"At this point it's a proposition, it's a discussion, it's a proposal," Schellenberg said. Last year we were talking about tables at Rideau-Carleton — that hasn't happened yet."

Lac Leamy, she said, already competes for gamblers' dollars with casinos in Ontario, Quebec and New York as well as the growing online gaming industry.

"There's more than one way you can gamble, and that's just going to continue to be a fact of our existence in the gaming industry. It's something we'll be following obviously," she said of the Ottawa plan. "This is a little closer to home."



Officials at Gatineau's Lac Leamy Casino say they aren't worried about the OLG's plans to possibly open a casino in downtown Ottawa. **HANDOUT**



The Nicholas Hoare bookstore has been in Ottawa for more than 17 years.

JOE LOFARO/METRO

Ottawa's Nicholas Hoare bookstore to close its doors

After more than 17 years in Ottawa, the Nicholas Hoare independent bookstore will soon close its doors.

An employee of the store at 419 Sussex Drive confirmed the closure Wednesday. Media reports said the owner may close his store in Montreal as well.

The employee said one of the reasons they're closing is because the property owner — the National Capital Commission — is hiking the rent by 72 per cent.

"There is just no way an independent bookstore can afford to pay exorbitant rent, which is what they're propos-

ing," she said.

Mary Ann Waterston, NCC director of real-estate management, said the NCC does not publicly discuss rental negotiations with its tenants.

"The NCC is working on obtaining the proper market rates on all its properties," said Waterston.

Competition from retailers such as Amazon.com, Costco, and Chapters was also a contributing factor in the closure in Ottawa, the bookstore employee said.

Owner Nicholas Hoare is expected to make an official announcement this week.

JOE LOFARO/METRO



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Const. Czapnik's family ready to start the healing process

Gregson trial. 'This is a time to heal for us, right now,' slain officer's widow says

 **JESSICA SMITH**
jessica.smith@metronews.ca

Const. Eric Czapnik's family is healing now that his killer is serving a life sentence for first-degree murder.

"We will go on, we will be happy again," said Czapnik's widow, Anna Korutowska, at a press conference at police headquarters Tuesday night. "It took a long time for us to say, 'We're surviving, we're OK.'"

Part of the healing process will be taking her five-year-old, Anthony, to Disney World, Korutowska said.

Anthony sat on her lap and played with a Lego police truck during the press conference. He is a happy child, but his father's murder has forced him to learn about death too young, Korutowska said.

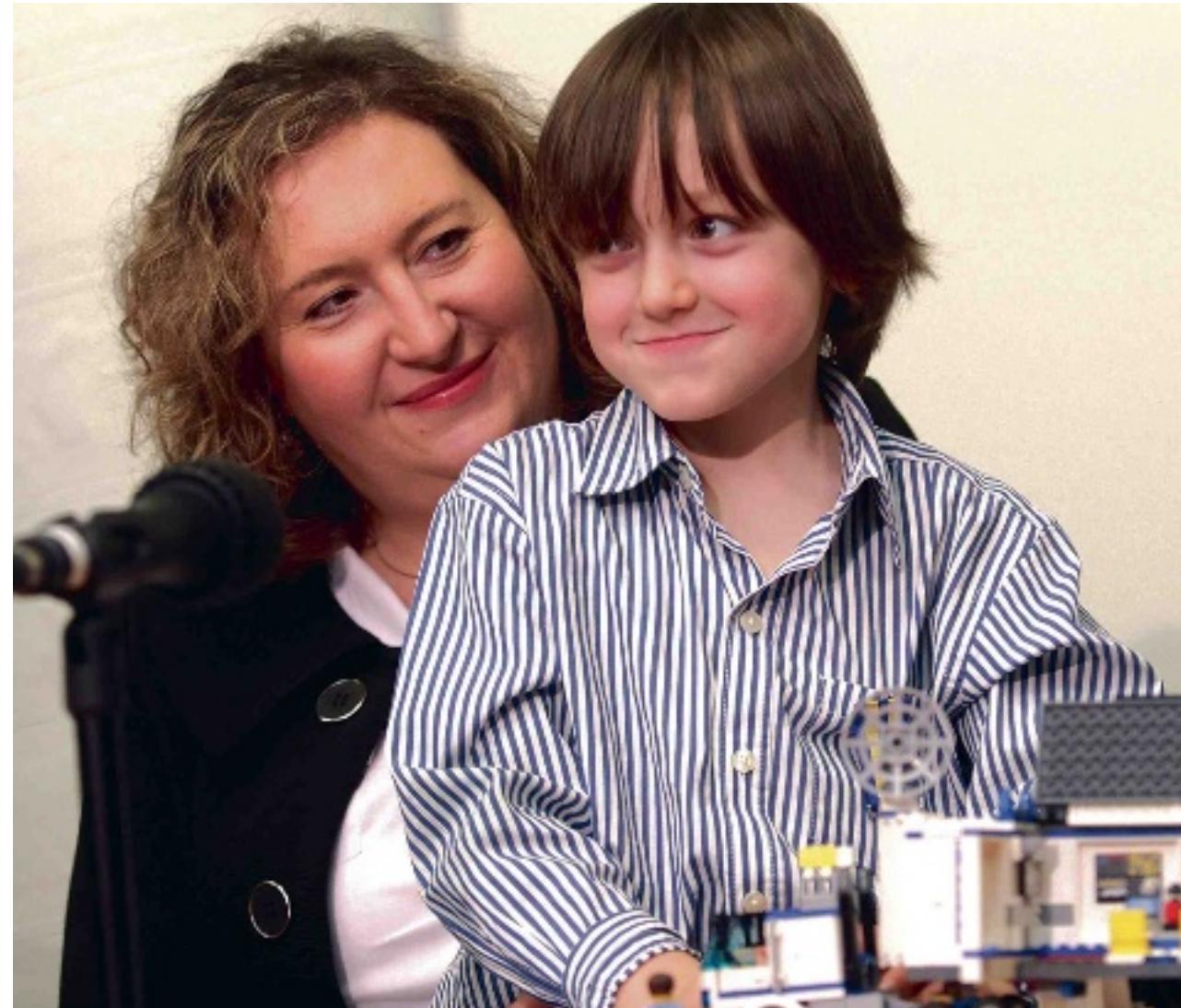
Two weeks after the murder, he was playing in the bathtub and asked her, "Mommy, why did the police put daddy in a big brown box?" Korutowska said in her victim impact statement to the court.

Now he has a vocabulary no child should have, she said. "He knows what is a coffin, hearse, that people go to heaven when they die. He associates pipe bands with daddy's funeral."

"Eric was taken away from



Const. Eric Czapnik
COURTESY OTTAWA POLICE SERVICE



Eric Czapnik's widow Anna Korutowska smiles with five-year-old son Anthony Czapnik at a press conference at Ottawa police headquarters Tuesday night after Kevin Gregson was found guilty of first-degree murder. MIKE CARROCETTO/FOR METRO



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U of O basketball team has high hopes for CIS championship

Gee-Gees. The women's basketball team will be practising hard for the game on Saturday

 JOE LOFARO
joe.lofar@metronews.ca

The Gee-Gees must win three games to win the CIS championship and their first game in Calgary this Saturday won't be easy.

Sweat was dripping off the foreheads of the University of Ottawa women's basketball team Monday as they practised for the Canadian Interuniversity Sport championships this weekend.

The Gee-Gees head coach said the quarter-final game in Calgary against Saskatchewan is a big deal for him and his team.

"It's the culmination



Sarah Nolette, far right, of the University of Ottawa Gee-Gees tries to sneak past Tatiana Hanlan during practice inside Montpetit Hall Monday.
JOE LOFARO/METRO

of years of work by these kids," said Andy Sparks. "Ottawa's never won a

women's national basket-

ball championship, neither

Carleton (University) nor

University of Ottawa. "Saskatchewan's an excellent team that's been

ranked in the top three in the country since the start of the year," said Sparks.

Hard work

"It's the culmination of years of work by these kids."

Andy Sparks
Gee-Gees head coach

"They're a very strong wildcard team, so we're expecting to have a tough test from our first game."

Based on the Gee-Gee's performance over the past month, the coach said they have a good chance of winning the first round.

The team recently was declared champion of the Ontario Universities Athletics finals against Windsor on March 3. However, the Gee-Gees lost to Windsor on Saturday for the CIS regional game.

With that all in the past, the Gee-Gees now are practising hard for Saturday.

"It's all on the line in that game," said Sparks.



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Fun, coming soon.

Gavin McInnes appears at the Mayfair Theatre March 19 to promote his new book and screen his DVD, *Gavin McInnes Is A F-ing A-hole*

 STEVE COLLINS
steve.collins@metronews.ca

Gavin McInnes says growing up bored in Kanata made him and his friends "fun ninjas," able to create their own amusement anywhere.

"People from Ottawa, a quiet little government town, are actually pretty f-ing fun, I find," said the co-founder of Vice magazine. "Maybe it's because they're forced to figure out their own fun, like prisoners can make up cool little recipes."

McInnes returns to his old hometown next Monday to promote his new memoir, *How to Piss in Public*, which actually doesn't include any advice on that activity. (The curious can check out his instructional video of the same name on YouTube.)

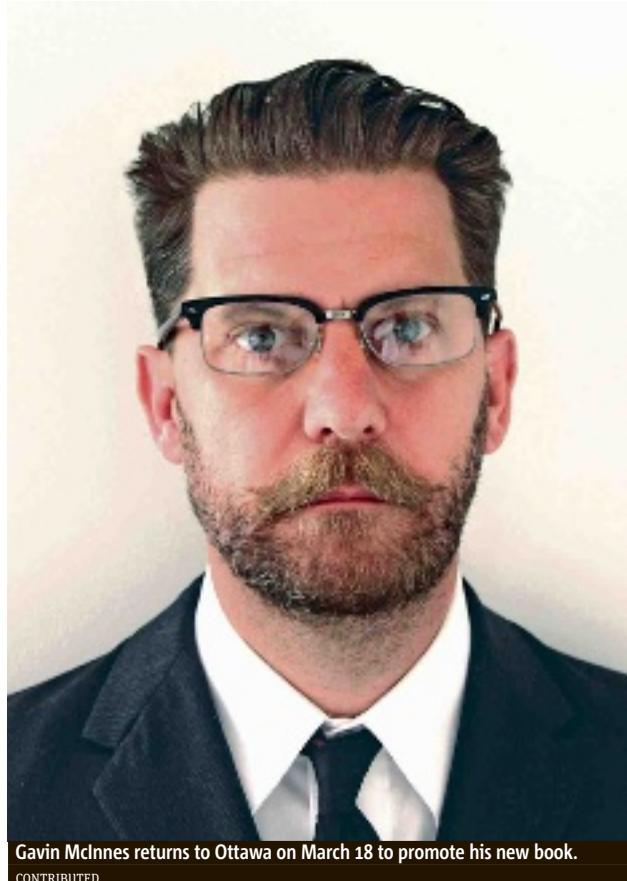
"I just went out to write a funny book," McInnes said. "I didn't really have an agenda,

Vice Verses

A few samples of reality as experienced by Gavin McInnes in *How to Piss in Public*:

- Booze.** "Alcohol has been there for every bad decision I've ever made but it's also been there for all the best ones — the mediocre ones, not so much."
- Breastfeeding.** "My only problem with women breastfeeding in public is they never wink back."
- Adolescence.** "I went to the Earl of March High School in the rural Canadian suburb called Kanata. In 1984, I was a punk 14-year-old and knew as much about sex as you know about the early '80s Kanata punk scene."

I didn't have anything political to say and I didn't want to impart any wisdom about life, but I'm realizing now, in retrospect, it actually is a good sort of how-to book on how to live. It's about being a sh-t-stirrer and not being scared of anything and making mistakes and trying stuff and being an entrepreneur who starts businesses but also failing at business and trying to get laid and failing at getting laid."



Outbreak

More confirmed salmonella cases

Public Health says there are now 20 confirmed cases of salmonella poisoning in Ottawa. Four cases are adults, the rest children. Three kids have been hospitalized.

Public Health officials say they are looking into a catering firm that served a local daycare centre as a possible source of the outbreak. **METRO**

Mystery missive

Strange package shutters cop shop

An investigation into a suspicious package closed off public access to the Huntmar Police Station for more than an hour last night.

Just after 6 p.m., police advised that the station had reopened, but provided no further information about the incident. **METRO**

Busted pipe

Burst water main shuts down street

Ottawa police closed part of Carling Avenue on Wednesday because of a "significantly damaged" water main and two sinkholes.

Police said some residents in the area might not have running water. Repairs were expected to take at least a day to complete. **METRO**

Drug bust

Routine stop nets drugs, weapons

A 25-year-old man is under arrest after Gatineau police found marijuana in his truck during a routine traffic stop. Police then conducted a search of the driver's house and uncovered drugs and two guns including an AK-47 assault rifle. Christopher De Champlain faces numerous drugs and weapons charges. **METRO**

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Gatineau. Ambulance accident linked to alcohol, police say

An ambulance was smashed in a pre-dawn accident near Ottawa, causing five people to be brought to hospital Wednesday.

Those injured included an ambulance paramedic, who was listed in critical condition. The colleague riding in the ambulance with him was also injured and listed as stable.

The accident occurred just after 5:30 a.m. on Highway 148, in Gatineau, Que.

A 29-year-old man, driving a pickup truck, allegedly swerved into the oncoming lane and smashed into the

Tests pending

- Authorities suspected alcohol was involved in the crash.
- The driver of the pickup was asked to undergo blood tests and police said they had arrested him.

ambulance. **THE CANADIAN PRESS**



For more local news visit metronews.ca/ottawa

Orillia. Cyclist, 85, critical after being hit by unmarked OPP cruiser



The cyclist was hit by an unmarked police cruiser. **CONTRIBUTED**

An 85-year-old cyclist remains in critical condition after being hit by an unmarked provincial police cruiser in Orillia, Ont.

The Special Investigations Unit says it happened late Tuesday afternoon as the man rode his bike westbound on Atherley Road near Gill Street.

David Nesbitt was airlifted to a Toronto hospital.

The 46-year-old police officer was treated at hospital and released.

The SIU wants to hear from anyone who witnessed the collision.

THE CANADIAN PRESS

Windsor. 3 women say they were molested by guards at U.S. crossing

Three Canadian women have launched legal action alleging they were molested by female U.S. border guards while attempting to cross the border near Windsor, Ont.

In court documents filed in the U.S., Leslie Ingratta of Windsor, Ont., alleges two customs and border protection officers took her to a holding cell while she attempted to cross the Detroit-Windsor tunnel for a shopping trip to the U.S. None of the allegations have been proven in court.

She says the guards conducted a search that included putting their hands under her

bra and fondling her breasts, as well as rubbing her genitals.

The lawsuit alleges officials questioned Ingratta repeatedly and accused her of lying about her reasons to travel, and argues the mental anguish and emotional suffering she endured during the incident violated her rights.

In a second, joint lawsuit, two women from Windsor and Milton, Ont., say they were strip-searched in an inappropriate manner, saying the guards put their fingers into their anus and vagina.

One was eight months pregnant. **THE CANADIAN PRESS**

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Cost of royal military moniker? Half a year later, it's still 'priceless'

One access-to-information request to determine how much it cost Canadian taxpayers to rechristen the Royal Canadian Air Force and the Royal Canadian Navy: \$5.

The value of the move, in the words of Defence Minister Peter MacKay: "Priceless."

Even so, seven months after Ottawa announced plans to change the names of the military's air and maritime divisions, the Defence Department says it still needs more time before it can reveal how much public money has been spent on the move.

Last September, in response to an access-to-information request, the department said it would need 130 additional days to respond. The department now says it must consult with the Privy Council Office, the bureaucratic arm of the Prime Minister's Office, about possible cabinet-confidentiality issues before disclosing how much it has cost to add the royal moniker. The department says it is still awaiting a response from the Privy Council on the matter.

During the announcement in August, MacKay was asked repeatedly to explain how

much the name change would cost. "You can put a price on it if you like," MacKay said at the time. "To me, it's priceless."

NDP defence critic David Christoperson says the public has the right to know the costs of a taxpayer-funded initiative to change the military's name.

"If we can't even get this kind of simple information out of the Conservative government, we are royally screwed," he said Wednesday.

"Everything starts from the premise that's it's an absolute secret and nobody can know, and we have to slowly unravel the fingers from the death grip on the information to get it out. Why?"

Scott Andrews, the Liberal access-to-information critic, said a cost should be available by now. "They do this through freedom-of-information laws: put off, put off, put off," he said. They either haven't done their work, or they know the cost and they don't want it out."

A Defence Department spokesman declined to comment, saying it was up to the access-to-information division of the department to comment.

THE CANADIAN PRESS



A hole in one for Winnipeg's weather forecast

A golfer drives a ball at Shooters Golf Course in Winnipeg on Wednesday. The course opened its driving range early as the Prairies are currently experiencing a heat wave. Winnipeg was seeing temperatures in the low teens — far from its usual below-zero — with a high of 22 C expected for Friday. COURTESY OF CHRIS.CA

Quebec politics

PQ raises concerns over halal meat

The Parti Quebecois is sounding the alarm bell over an Islamic food ritual, calling slaughter for halal meat an affront to the rights of animals and the values cherished by Quebecers.

The pro-independence party declared it is worried that mainstream companies are selling the meat, without any labelling, to unsuspecting customers.

Not to be outdone, the fledgling Coalition For Quebec's Future concurred consumers should have the right to choose which product they buy and halal products must be labelled. THE CANADIAN PRESS

Scandal

Staffer too sick for WikiLeaks probe

Ex-Liberal staffer Adam Carroll, who quit after posting a Tory MP's divorce details online, said he was too sick to appear before a House of Commons committee Thursday. THE CANADIAN PRESS

Domestic violence

Startling numbers in Alberta poll

One in 10 Alberta men believes hitting a woman is OK if she makes them angry, according to a new Leger Marketing survey that polled 1,000 men over 18. TORSTAR NEWS SERVICE

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Sick, sick, sick. SPCA shocked after cat found frozen in a block of ice

Animal-cruelty officers in northern British Columbia are investigating a disturbing case of a frozen cat found in Dawson Creek Tuesday.

"It's a very sick action. I have deep concerns about the stability of anyone who would do this," said Marcie Moriarty, BC SPCA animal-cruelty investigator.

The cat was found frozen in a block of ice and placed atop a BC Hydro box in the Mile Zero Trailer Park at noon.

"The ice block ... was left just a stones throw away from where we found the corpse of a frozen dog in a very similar position and in a Tupperware-

like container in January last year," said Moriarty.

"The first time we weren't able to get any significant leads.... We're hoping someone will step forward this time."

Before an autopsy can be conducted the cat must be thawed. Investigators believe there is blood also frozen in the ice block.

Other than the case of the frozen dog, "in my seven years, I haven't come across a case like this," Moriarty declared.

"The way that it was dropped off, this wasn't an accident, it was a deliberate act."

KYLA JONAS/METRO VANCOUVER

Surgery

Drug shortage hits hospitals

A drug shortage is worrying anesthesiologists across the country. They fear they won't have enough drugs for surgery or painkillers.

THE CANADIAN PRESS

Dominica

Quebecer dies on a cruise

A Quebec tourist has died after a snorkelling outing from a cruise ship, say police on the Caribbean island of Dominica. She was Yvette Prince, 61.

THE CANADIAN PRESS

Tori wasn't young enough for Rafferty, court told



Michael Rafferty, accused in Tori's Stafford's killing, is taken from court in London, Ont., on Wednesday. DAVE CHIDLEY/THE CANADIAN PRESS

Warning: Graphic content. Killer of eight-year-old Woodstock, Ont., girl says boyfriend got upset after kidnap

Eight-year-old Victoria Stafford's killer continued her shocking testimony Wednesday — with a disturbing revelation about her accused boyfriend and the little girl's age.

Terri-Lynne McClintic testified Michael Rafferty — who she alleged Tuesday had raped the little girl — thought Tori was too old.

After she abducted Tori

McClintic's offer

"I would say it was all me, that he had more to lose than I did."

Terri-Lynne McClintic, testifying that she offered to take the fall for Michael Rafferty.

outside a Woodstock, Ont., school, McClintic said, she brought her back to Rafferty's car. He got upset about her choice of a child, she told the court in London, Ont.

"He made a comment that she wasn't young enough," she said.

They drove off with Tori anyway, said McClintic, 21, and the girl kept asking if she could go home, promising not to tell on them.

McClintic is serving life after pleading guilty to first-degree murder in Tori's death. Rafferty has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

McClintic also testified she told Rafferty she would "take the fall" for him.

McClintic testified: "I said that I would take the fall for everything."

She further told him, "he had a life, a job, things going for him and I was just, I really had nothing," court heard.

"I said don't worry about it, it's OK. It's OK. I'm just an 18-year-old junkie anyways."

THE CANADIAN PRESS

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Switzerland tour bus crash kills dozens

Death. Some 200 rescuers called to scene of accident after bus slams into concrete wall

A tourist bus slammed head-on into a concrete wall in a Swiss Alps tunnel, killing 28 people, mostly children returning from a ski vacation. Swiss police said Wednesday the vehicle was not speeding and everyone was wearing seat belts.

The bus was carrying students about age 12 from two different Belgian schools when it crashed shortly after 9 p.m. Tuesday night on a highway near the southern town of Sierre, Switzerland.

The horrific accident in the short Tunnel de Geronde left the front of the bus mangled, trapping people inside. Twenty-two school children and six adults including the driver were killed and another 24 children were hospitalized in what the police chief described as a



A woman and child light a candle during a mass held to commemorate the victims of a deadly bus crash in Switzerland, at the Saint-Peters church in Leuven, Belgium, Wednesday. YVES LOGGHE/THE ASSOCIATED PRESS

“scene like a war.”

Belgium flew anxious parents and relatives to the site and called for a day of mourning.

Authorities were still trying to work out how a modern bus, a rested driver and a safe tunnel could add up to such a tragedy.

A Swiss prosecutor said video cameras in the tunnel captured the accident. Olivier Elsig, prosecutor for the canton of Valais, told reporters the children on the bus were wearing seat belts, no other vehicle was involved and it was not speeding.

Speaking at a news conference Wednesday in Sion, the capital of Valais, he said investigators were looking at three possible causes for the crash — a technical problem with the bus, a health problem with the driver, or human error. THE ASSOCIATED PRESS

Earthquake. Japan hit by tremors days after tsunami anniversary

A series of earthquakes rattled Tokyo and northeastern Japan on Wednesday evening but caused no apparent damage or injury in the same region hit by last year's devastating tsunami.

The strongest was a magnitude-6.8 that struck off Hokkaido island and generated a small tsunami. Some communities along the northern Pacific coast advised residents to evacuate coastal homes.

A swelling of 20 centimetres was observed in water at the port of Hachinohe in Aomori about an hour after the tremor, with smaller changes seen elsewhere. The Meteorological Agency lifted all tsunami advisories within about 90 minutes.

About 9 p.m. local time, a magnitude-6.1 quake shook buildings in the capital. It was centred just off the coast of Chiba, east of Tokyo, at a rather shallow 15 kilometres deep.

Narita International Airport briefly closed runways for inspection but later resumed operation. Several local train services were suspended for safety checks.

There were no abnormalities reported at nuclear power plants after the two earth-



Residents flee to safety after a tsunami warning was issued following an earthquake in Ofunato, Iwate prefecture, Japan. IWATE NIPPO VIA KYODO NEWS/THE ASSOCIATED PRESS

quakes, operators said. Nearly all of Japan's nuclear plants are offline for safety inspections.

About past Sunday, Japan marked the first anniversary of the massive magnitude-9.0 earthquake and tsunami

that left some 19,000 people dead or missing, wreaked widespread damage along the northeastern coast and triggered the worst nuclear accident since Chernobyl. Rebuilding has yet to fully begin in many coastal communities.

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Public outraged over suicide of girl forced to marry her rapist

Morocco. Local law pushed victim to marry rapist to escape prosecution and preserve her family's "honour"

The case of a 16-year-old girl who killed herself after she was forced to marry her rapist has spurred outrage among Morocco's Internet activists and ignited calls for changes to the country's laws.

An online petition, a Facebook page and countless tweets expressed horror over the suicide of Amina Filali, who swallowed rat poison on Saturday to protest her marriage to the man who raped her a year earlier.

Article 475 of the Moroccan penal code allows for the "kidnapper" of a minor to marry his victim to escape prosecution, and it has been

used to justify a traditional practice of making a rapist marry his victim to preserve the honour of the woman's family.

Abdelaziz Nouaydi, who runs the Adala Association for legal reform, said a judge can recommend marriage only in the case of agreement by the victim and both families.

"It is not something that happens a great deal — it is very rare," he said, but admitted that the family of the victim sometimes agrees out of fear that she won't be able to find a husband if it is known she was raped.

The marriage is then pushed on the victim by the families to avoid scandal, said Fouzia Assouli, president of Democratic League for Women's Rights.

In many societies, the loss of a woman's virginity outside of wedlock is a huge stain of honour on the family.

In many parts of the Middle East, there is a tradition

Response

"Amina, 16, was triply violated, by her rapist, by tradition and by Article 475 of the Moroccan law."

Activist Abadila Maaelainine, in a tweet

whereby a rapist can escape prosecution if he marries his victim, thereby restoring her honour. There is a similar injunction in the Old Testament's Book of Deuteronomy

Morocco updated its family code in 2004 in a landmark improvement of the situation of women, but activists say there's still need for improvement.

In cases of rape, the burden of proof is often on the victim and if she can't prove she was attacked, a woman risks being prosecuted for debauchery.

THE ASSOCIATED PRESS



Deep sea recovery mission

Rescue workers and divers in Bangladesh on Wednesday pulled scores of bodies from the wreckage of a ferry that sank after being hit by an oil barge, as the death toll rose to 112. The packed Shariatpur 1 vessel, carrying about 200 passengers, capsized in the early hours of Tuesday morning after a collision with the barge in the Meghna river, 40 kilometres southeast of the capital Dhaka. STRDEL/GETTY IMAGES

Walking on water

Jesus ad stokes controversy

Energy-drink maker Red Bull said Wednesday it has dropped an advertisement in South Africa after an outcry from both Christians and Muslims for its portrayal of Jesus Christ.

The television cartoon implies Jesus walked on water because he had been invigorated by a miraculous energy drink and knew where there were hidden rocks to tread on.

THE ASSOCIATED PRESS

Punks vs. Putin

Punk singers to remain in jail

A Russian court ordered two female punk rockers to remain in jail Wednesday for praying to the Virgin Mary to deliver the nation from Vladimir Putin at a surprise show.

Five members of the band Pussy Riot briefly seized the pulpit of Moscow's Christ the Savior Cathedral in late February to chant "Mother Mary, drive Putin away."

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Airline workers protest order



Air Canada union workers protest in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Air Canada union workers continued to protest outside government offices in Ottawa Wednesday, after federal politicians imposed an arbitration order that forces the airline to keep flying.

Bill C-33, which passed Wednesday morning, covers about 8,600 mechanics, baggage handlers and other ground crew at Air Canada and about 3,000 pilots.

Labour Minister Lisa Raitt had proposed the back-to-

work legislation on Monday, saying a work stoppage at Air Canada was something the country could not afford. The government had invoked closure on Tuesday afternoon, setting up the final vote in the House of Commons.

But the union representing the mechanics and other workers said Tuesday that the decision to impose arbitration on its talks with the airline eroded labour rights.

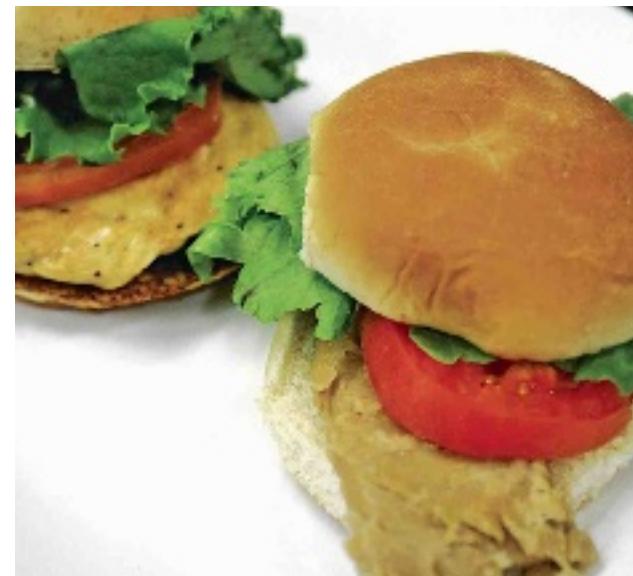
International Association

of Machinists and Aerospace Workers executive Daven Ritchie said the bill would "poison" labour relations across Canada.

Under the "final offer selection" arbitration process, the union and airline will put forward their best offer and an arbitrator will select one.

The bill now goes to the Senate, where the Conservatives are expected to use their majority for speedy passage.

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A juicy chicken filet — made in Prof. Fu-hung Hsieh's laboratory.

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Food revolution.

Biological engineers have succeeded in creating edible meat from stem cells

How it works:

1 To create an artificial hamburger, steak, or chicken breast, scientists take stem cells from animals and grow them into a 3-D shape.

2 Then they grow the cells into muscle cells. As with natural muscle cells, the cultivated muscle cells "bulk up" into solid muscle bundles.

3 As soon as the muscle cells grow in size, it's important that the tissue is continuously supplied with nutrients.

4 The scientists then create chain products, similar to blood veins. "The easiest meat to create is sausage," explains van der Schaft. "It doesn't have to look attractive like a steak."

"Let there be animals," said God, and He created chickens, cattle and fish. Actually, it's not God. It's Fu-hung Hsieh, professor of biological engineering at the University of Missouri.

Hsieh makes chicken. That's right: He creates chicken out of nothing — tasty filets that look, feel and taste like the real bird.

"Laboratory-grown meat needs to mimic the appearance and bite of natural meat," said Hsieh. "In the past, researchers haven't been able to recreate the appearance, so consumers wouldn't eat the artificial meat."

But even foodies would have a hard time telling natural chicken apart from Hsieh's new chicken. It's now being produced for use in restaurants.

Hsieh stands at the forefront of a global food revolution. Biological engineers in several countries have recently succeeded in creating edible meat that looks appealing. Earlier this year a Dutch researcher created the world's first laboratory-grown edible hamburger.

"We've made big steps in creating laboratory-grown meat, but the result isn't something I'd eat at this moment," said Dr. Daisy van der Schaft, a biomedical engineer at Eindhoven University in the Netherlands. "Part of the problem is that the gel that binds the cells together contains animal-derived material and actually also material derived from mouse tumors."

Professor Hsieh and his team are now about to create turkey, beef and fish.

"That's very different from chicken," he said. "With fish, especially, you have the additional challenge of replicating many different colours."

If research continues to progress, supermarkets could sell lab meat within the next several years.

Proposed bill targets access to Viagra

Men's health. A U.S. senator has put forth a bill that would require men to undergo a medical exam before being prescribed drug

An Ohio state senator says she only wants to look out for men's health — the way men look out for women's

— by introducing a bill that would require Viagra users to first get medical exams and affidavits of impotency from their partners.

"This isn't about restricting it," Democrat Nina Turner explained to the Toronto Star on Wednesday. "We are purely looking out for men's health and their well-being so they fully understand their options."

By men, she particularly

Looking out for men?

"The men in our lives generously devote time to fundamental female reproductive issues — the least we can do is return the favour."

U.S. Sen. Nina Turner

means the conservatives behind the sudden uproar about birth control and abortion in the United States.

It is crucial that we take

the appropriate steps to shelter vulnerable men from the potential side effects of these drugs," said the Cleveland Democrat. "I see birth control,

abortion and Viagra as all part of reproductive health."

Bill 307 would require a man who wanted a prescription for erectile dysfunction to "have a long conversation with a sexual therapist to determine whether or not this is physical or mental," said Turner.

Republican state legislators have used options and risks as their rationale for restricting access to birth control and abortion. **TORSTAR NEWS SERVICE**



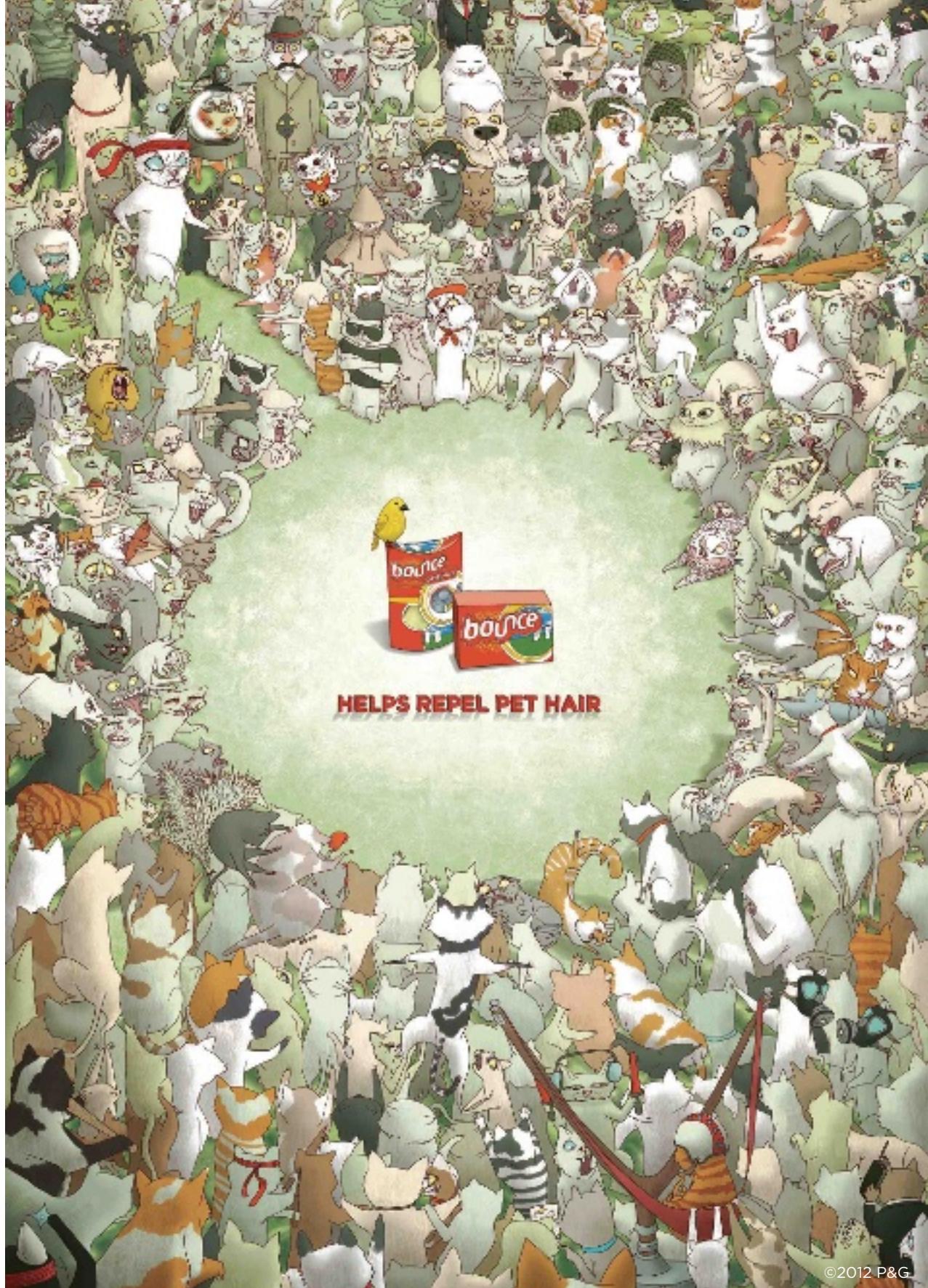
Bill 307 would restrict access to Viagra. **TORY TALBOT/THE ASSOCIATED PRESS**



Protesters allowed to stay

Occupy New Haven activists Jillian Tupper, left, and Bernadette DeLuca of Hamden react to news they don't have to vacate their camp on the Green in New Haven, Conn., Wednesday. A federal judge in Bridgeport granted an injunction Wednesday that will allow protesters to stay until March 28 while they fight the city's order to leave.

JESSICA HILL/THE ASSOCIATED PRESS



Backlash. Principal resigns after anti-gay, anti-abortion assembly

The principal of an Iowa secondary school that allowed members of a Christian rock band to espouse their anti-gay, anti-abortion views while showing students images of fetuses that had apparently been aborted is resigning.

Mike Cooper, who oversees grades 7-12 at the school in Dunkerton, will tender his resignation Monday and remain on the job through the end of the school year, Dunkerton Superintendent Jim Stanton told the Waterloo-Cedar Falls Courier for a story published Tuesday.

Stanton said Cooper's decision is not related to Coop-

Preaching hate

"They told my daughter, the girls, that they were going to have mud on their wedding dresses if they weren't virgins."

Jennifer Littlefield, parent

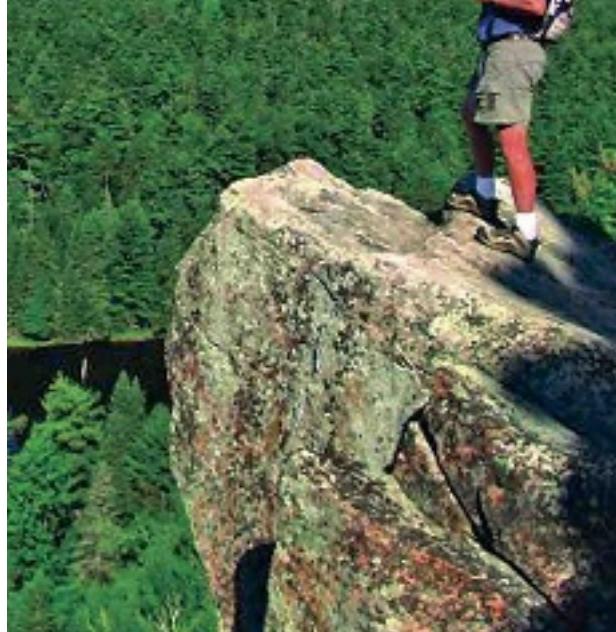
er's recommendation that the district invite the band Junkyard Prophet to perform at last week's assembly, and said the plan had been "in the works" for nearly a month. "He simply wants to be a superintendent," he said. **THE ASSOCIATED PRESS**

OTTAWA OUTDOOR AND ADVENTURE TRAVEL SHOW

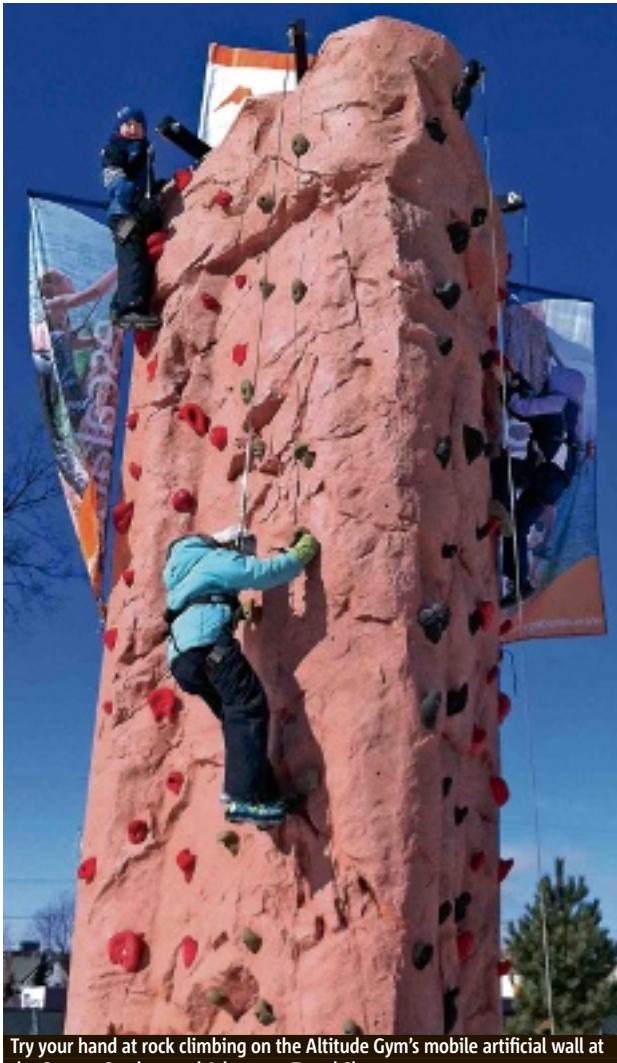
Thursday, March 15, 2012



Find out more about kayaking and other outdoor adventure pursuits at the Ottawa Outdoor and Adventure Travel Show. JUPITERIMAGES/PHOTOS.COM/THINKSTOCK



A view from the Eagles Nest on the Manitou Mountain corridor. CANEAST SHOWS INC. PHOTO



Try your hand at rock climbing on the Altitude Gym's mobile artificial wall at the Ottawa Outdoor and Adventure Travel Show. CONTRIBUTED

Experience the great outdoors

Adventure. Inaugural show promises something for every open air enthusiast

PAULINE ANDERSON
For Metro

Thinking of a trek on the back roads of Asia, a cycling adventure in Costa Rica or even an ascent of Mount Kilimanjaro? Get all the gear and info you will need at the first ever Ottawa Outdoor and Adventure Travel Show.

The event should attract upwards of 10,000 people

from eastern Ontario and western Quebec, according to Dave Fraser, marketing manager, Caneast Shows Inc., the company organizing the event. Hardly a novice to large consumer expos, Caneast produces the Cottage Show and Pet Expo among others.

With 80 plus exhibitors, 17 speakers and numerous workshop leaders set to descend on Ottawa this weekend, there promises to be something for everyone, says Kathy McKinley, special projects manager at Caneast. Experts will be on hand to teach and discuss all things related to open air activities and adventure travel.

Land lovers can watch and listen about trends in cycling

CE Centre

- The Ottawa Outdoor and Adventure Travel Show will be held Saturday and Sunday at the CE Centre, 4899 Uplands Dr. Tickets are \$8 in advance (at adventureottawa.ca) and \$12 at the door. Youth 17 years and younger are free. Parking is \$7. The show is open Saturday from 9 a.m. to 7 p.m. and Sunday from 9 a.m. to 5 p.m.

or rock climbing. If winter sports are your passion, you will get state-of-the-art information on heli-skiing, snowshoeing, and dog sledding. For extreme air sports enthusiasts, pros can advise on paragliding or hang-gliding adventures. If bio-adventurism is in your blood, experts will be on hand to provide

tips on planning an extreme expedition. And there will be exhibits and demonstrations on scuba diving and other water sports.

You will be entertained, enlightened and inspired by tales from individuals and groups. For example, eight friends will talk about their 7,000-kilometre, cross-Canada canoe trip, and Rick Hellard will give the lowdown on what it takes to become a tri-athlete.

Can't wait until summer to get a new mountain bike? Choose from the myriad of models at the show. And if you love kayaking but lack upper body strength, check out the new foot pedal boat. "If you have trouble doing the rowing, you can use that and still go very fast," says McKinley.

Ottawa is a perfect venue

for such a show, says Fraser.

Many residents of the nation's

capital are well-educated,

have stable jobs and enjoy the

luxury of regular vacations.

During those holidays, they

already take advantage of the great skiing and snowboarding less than a half hour's drive away, the wonderful campgrounds nearby, and the many bike lanes within the city limits.

Since youth are a burgeoning outdoor adventure market, admission for the show is free for anyone 17 years and younger. Another target are those aged 45-65, many of whom are at or near retirement, are still relatively healthy and have some disposable income.

"We find that even the kayak and canoe suppliers

are coming out with products that area geared to the aging population," says McKinley.

PAULINE ANDERSON

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Thursday, March 15, 2012

Climb on these attractions

A 25-foot mobile climbing tower and a state-of-the-art demonstration pool are just some of the attractions at this weekend's inaugural Ottawa Outdoor and Adventure Travel Show.

The show promises to inspire outdoor enthusiasts of all ages and from all walks of life, says Kathy McKinley, special projects manager, Caneast Shows Inc. It's especially timely as outdoor and adventure activities are growing in popularity across the country.

Kids and adults wanting to try their hand at rock climbing can scale Altitude Gym's mobile floor-to-ceiling artificial rock wall. No special shoes or clothing are required and harnesses are supplied. But plan to get there early; this thrilling attraction promises to be ultra popular.

For Mason

Demonstrations of scuba diving, canoeing and kayaking, presented by Jenda Paddlesports, will take place at the pool. Viewing shouldn't be a problem since there will be two large screens that will show stunning underwater segments (see the pool schedule at caneastshows.ca/OAS-Pool-Demos).

Hikers, skiers and

back-country enthusiasts

can pick up outdoor

survival skills at a presentation by Ron Vader of Search & Rescue Global 1 (Ottawa).

At the exhibit hall,

you will find high-end

equipment for mountain

biking, kayaking, canoeing

and other adventure

sports. And adventure

travellers of all ages can

find information on their

next extreme dream trip.

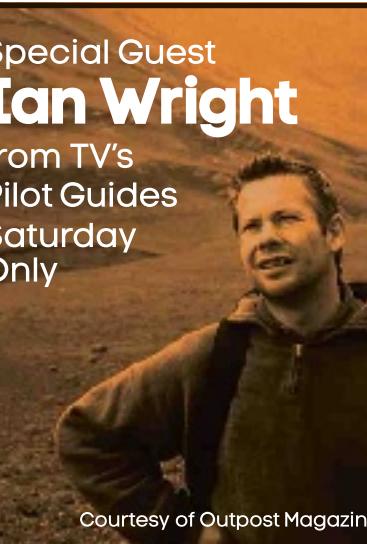
PAULINE ANDERSON

That's one example of things going horribly wrong on the set of an adventure travel show that Wright, who also hosted the *Lonely Planet/Pilot Guides* series, will share at the Ottawa Outdoor and Adventure Travel Show this weekend

(catch him Saturday at 1 p.m.).

The British-born Wright got into the adventure travel business by responding to a newspaper ad asking for presenters for the *Globe Trekker* series.

Special Guest Ian Wright from TV's Pilot Guides Saturday Only



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THE OUTDOOR + ADVENTURE TRAVEL SHOW
MARCH 17–18, 2012

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Special offers can't be combined.



Becky Mason will share her expertise about canoeing during two presentations, Saturday at 2 p.m. and Sunday at 1 p.m. REID MCLACHLAN PHOTO

lan, captured it all in pictures.

She also recently completed a new DVD *Advanced Classic Solo Canoeing* (available at redcanoes.ca).

Mason calls it the "coffee table book" of instructional films. It's aimed at advanced

canoeists, but includes an intro on the basics such as how to safely get in and out of a boat, and avoid tipping it. It recently nabbed the Best Instructional Film at both the Reel Paddling Film Festival and the Waterwalker Film Festival.

View from a canoe

Passion. Becky Mason has spent much of her life on the water

Presentations

- Learn more about Becky Mason at two presentations during the Ottawa Outdoor and Adventure Travel Show, Saturday at 2 p.m. and Sunday at 1 p.m.

quintessential Canadian pastime. "It allows me to access my history, the roots of Canada. It's part of our heritage."

And it's the perfect activity for people looking for an outdoor sport that's less strenuous than others. It's not difficult to learn and boats are generally quite accessible. Plus, many canoes are made of aluminum and Kevlar, so they are strong yet lightweight and more portable than wooden boats of yesteryear. Some of the newer paddles have bent shafts that make canoeing "incredibly fast and efficient," says Mason.

Today, Mason runs a canoe course in Meech Lake, passing on the artistry of canoeing — including the different combination of strokes — to a growing group of aficionados.

She just returned from a European canoe trip during which she visited Italy, the Netherlands, France and Belgium and the United Kingdom. As on her other jaunts, her husband, Reid McLach-

that if he fell off, the animal could easily kick him or dig its huge horns into him. "The bull was bucking up and down like a mad fish," but luckily he managed to stay on. Spectators threw shoes into the ring — a sign of their appreciation.

In most cases, everything worked out in the end. In Baha, for example, an awe-inspiring whale-watching excursion made the whole trip worthwhile. "Suddenly, it was one of the best days of my life; it was the most extraordinary thing we've ever filmed," he says.

Among Wright's favourite

places to visit are Mongolia, Ethiopia, Cambodia, and all terrain north of the Arctic Circle, which he finds exotic and inspiring.

PAULINE ANDERSON

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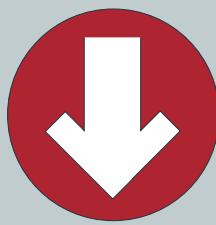
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PAULINE ANDERSON

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Market Moment



DOLLAR
100.7¢ US
(-0.39¢)

	TSX 12,377.9 (-159.8)
	OIL \$105.43 US (-\$1.28)
	GOLD \$1,642.10 US (-\$51.30)

Natural gas: \$2.284 US (-1.5¢)
Dow Jones: 13,194.1 (+16.42)

Northern boom

North set for future growth

The Conference Board says a global commodities boom is igniting a fire under Canada's three northern territories.

Real gross domestic product growth will collectively top seven per cent in both 2012 and 2013, more than three times the national average.

THE CANADIAN PRESS

Mobile advertising

More ads coming to smartphones

As more Canadians flock to smartphones, advertisers will inevitably follow suit, while trying to figure out how not to be too intrusive.

A recent report from Comscore estimates that as of December 2011, 45 per cent of mobile phones in Canada are smartphones — up from 33 per cent last March.

THE CANADIAN PRESS



Succession plan

Investors seek Berkshire disclosure

A group of Berkshire Hathaway investors from the AFL-CIO wants to require the company to reveal Warren Buffett's successor.

The union wants to require the company to disclose a written succession plan that includes the criteria for the next chief executive.

THE ASSOCIATED PRESS

Wireless market. Foreign investment restrictions lifted for telecom firms

Ottawa moved Wednesday to level the wireless playing field by placing limits on the coming wireless spectrum auction and lifting foreign-investment limits on small telecom firms in an effort to boost competition.

Industry Minister Christian Paradis says the new measures will allow new wireless carriers into the market and foster greater competition in the telecom industry after the auction expected next year.

"This is the bottom line here: we have the three in-

cumbents. We want to have a fourth player," Pardis said.

Canada's wireless market is dominated by Telus, Rogers and Bell.

The changes to the auction rules will let at least four companies obtain spectrum in each of Canada's 14 licence areas, effectively making one block available for one of the smaller players.

As well, companies with less than 10 per cent of the telecom market will no longer have restrictions on foreign investment.

THE CANADIAN PRESS



Members of the Renaud family play on their wireless devices as Minister of Industry Christian Paradis makes an announcement in Russell, Ont., on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Wall Street. Goldman Sachs exec resigns with scathing NYT op-ed

An executive director at investment giant Goldman Sachs resigned Wednesday by way of a scathing op-ed in the New York Times, decrying a work environment he described as "toxic and destructive" and where employees systematically try to come up with ways to fleece their clients.

Greg Smith's editorial firebomb is certain to renew debate in the United States about how much Wall Street has truly changed following the widespread financial



Goldman Sachs' headquarters in N.Y.C. RICHARD DREW/THE ASSOCIATED PRESS

meltdown four years ago.

THE ASSOCIATED PRESS

Vehicle sales on the rise

Canadian sales of new cars and trucks opened the year on a resoundingly positive note, but may have fallen off last month, Statistics Canada suggested Wednesday.

The federal agency—which collects data on monthly retail sales in dollars and in units of new vehicles sold in Canada—found a 15.4 per cent rise in vehicles sold in January to 153,623 units from 133,146 units sold in December.

The data indicates sales rose at the fastest pace in more than 15 years in January, economist Robert Kavcic said Wednesday in a report by BMO Economics.

And while sales are likely to dip in the short term, the industry is headed in the right direction, he said.

"January's growth was largely the result of inventories becoming available after the auto-sector supply chain was disrupted last year," he said.

"Sales rose across the country, with Ontario and Quebec seeing the biggest increases."

Interest rates remain at low levels, making auto loans cheap and a spike in gasoline prices has also pushed some drivers to showrooms in search of more fuel-efficient vehicles.

THE CANADIAN PRESS



StatsCan data indicates that vehicle sales rose at the fastest pace in more than 15 years in January, a new BMO report says. SCOTT OLSON/GETTY IMAGES

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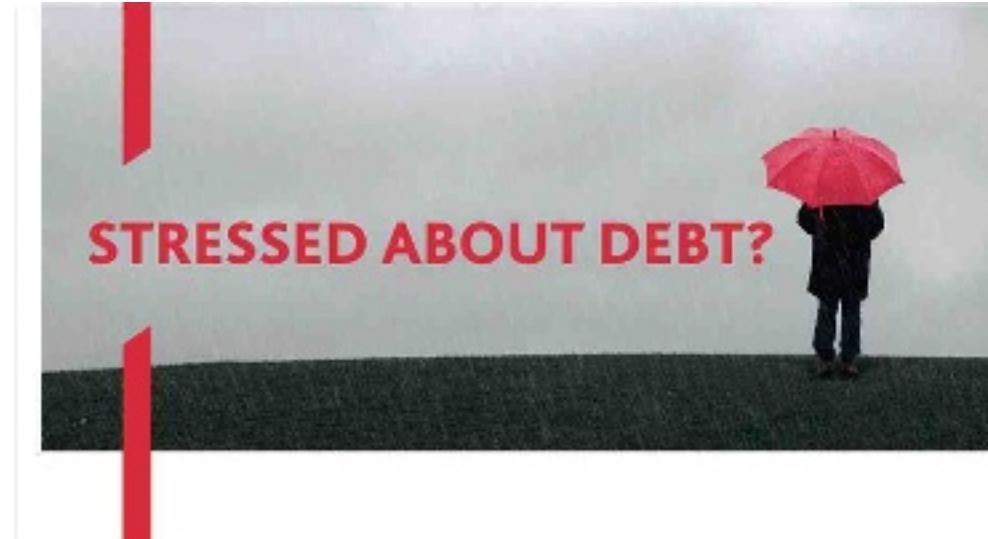
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STRESSED ABOUT DEBT?



PUTTING THE CLUB BACK IN SEAL CLUBBING



HE
SAYS...
John Mazerolle
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As "pop" "super" "star" Ke\$ha throws her weight (90 pounds) behind the fight against the Atlantic Canadian seal hunt, the question must be asked: Who spoke for the seals before pop culture sucked?

Every year there's some sort of celebrity who clubs us over the head with the message that Newfoundlanders and Maritimers are barbarians for taking part in a tightly controlled hunt of sea mammals (horrors!).

There's been Pamela Anderson, MacGyver, an America's Top Model host, and generally just a cavalcade of Z-listers who need something to do now that there's no such thing as Hollywood Squares.

And this year there's Ke\$ha, trying to \$ave the \$eals, despite an apparent shortage of funds which keeps her from replacing the S on her keyboard.

You can make an argument that Paul McCartney has been the exception, but a) he spoke out because of his wife/master Heather Mills (who could pay the sealers' wages with her alimony) and b) McCartney wrote Simply Having a Wonderful Christmastime, which is the sonic equivalent of a seal being strangled.

And this year there's Ke\$ha trying to \$ave the \$eals despite an apparent shortage of funds that keeps her from replacing the S on her keyboard. The irony in this case being that her music can kill surrounding animal and plant life at 100 paces.

All celebrity-bashing aside, there are only a couple of reasons why people care about the seal hunt.

First and foremost, seals are so cute they're basically children's toys with intestines. The acceptability of animal slaughter is based entirely on how adorable a species is. That's why you never see a supermodel on the ice floes promoting the Save the Flounder foundation.

The second reason is that seals are killed for one brief period each year, which by definition makes it news. No media outlet covers the bloody slaughter of cows, chicken and sheep because it's 365, 24-7, and budgets these days don't allow that kind of in-depth reporting.

I feel particularly bad for the cow. It's dopey-looking and is killed by the tens of millions. That's why many celebrities have posed for those Got Milk? ads. Think about that. Famous people pose with the food made for the cows' children smeared on their face, all with a big smile. Barbarians.

If you're a vegetarian, cool, add the seal hunt to the list of things that offend your sensibilities. But if you like steak, chicken or lobster, then you're a hypocrite, and possibly a big, fat one.

I just looked it up, and Ke\$ha is a vegetarian, so I guess she's off the hook. The seal hunt is a heated discussion, but I'm always up for differing, honestly held opinions.

I call a truce, Ke\$ha. If we're ever in Newfoundland at the same time, let's go clubbing.



Pamela Anderson doesn't wear fur. She doesn't wear much of anything, actually.
RYAN REMIORZ/THE CANADIAN PRESS

Hotdog diplomacy



GETTY IMAGES

Home-court advantage

U.S. and U.K. bond over hotdogs

DAYTON, OHIO. U.S. President Barack Obama and British Prime Minister David Cameron take a break with hotdogs at a college basketball game.

Cameron and wife, Samantha, are on a three-day visit to the United States. A "sports-fan-in-chief," Obama has his own basketball court in the White House premises.

MWN

Shooter

"It's fast, it's pretty fast and furious. It's hard to follow sometimes exactly who's done what wrong."

David Cameron
On the basketball game he attended.

Point guard

"David Cameron is going to teach me the rules of cricket."

Barack Obama
After Cameron admitted Obama had to explain the rules of basketball.

Three-pointer

Their wives promote health

HEALTH. While the president and prime minister were busy scarfing down unhealthy food, their respective wives — Michelle Obama and Samantha Cameron — attended an Olympics-themed event in Washington, D.C., for kids to highlight the London 2012 Games and Mrs. Obama's anti-obesity campaign.

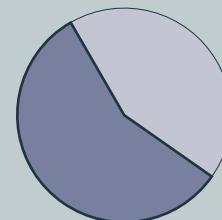
MWN



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and take the quick poll

Do introverts need to act like extroverts to get ahead in the workplace?

57%
YES. IF
YOU DON'T
SPEAK UP
YOU
WON'T BE
NOTICED



43%
NO. GOOD
WORK
SPEAKS
LOUDER
THAN
LOUD-
MOUTHS

Twitter

@jaaclynMezei:

It's a sin to go to Ottawa and not get a beaver tale #tradition

@NatalieBrender:

Terrible news that Sussex St. bookshop Nicholas Hoare is closing next month; one of Ottawa's best things

@NancMacD:

I am the only person on the planet that can go to Ikea and buy nothing #ottawa

• • • •

@Katie_Fleming:

By the weekend it's going to be hotter here than it was in SF! Only thing Ottawa is good for...hot summers! #CantWaitToFish

@lovelxoae:

Tshirts? Really its not THAT warm in Ottawa

@anoonymous:

OH on the bus - Mother to Daughter: M: "Patrick Stewart is coming to Ottawa"/D: "Who is that?"/M: "The guy from Star Wars" #parentingfail

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Photo Sven Prim

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Hey Ocean! plays tonight at Ritual Nightclub. CONTRIBUTED

Hey Ocean! frontwoman finds harmony in projects

Balancing act.

Ashleigh Ball juggles multiple vocal gigs, the business side of music and band dynamics



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

Being in a band is a delicate balancing act. Especially if it involves members of both sexes,

starting your own label and juggling another gig on the side.

For Ashleigh Ball, lead vocalist of Vancouver pop band Hey Ocean!, it's a routine she admits she is still learning to master. But, at least when it comes to the dynamic of her band, Ball says there are no problems there.

She and band mates David Beckingham and Dave Vertesi, who formed Hey Ocean! nearly seven years ago, instilled a simple rule from the get-go to avoid any potential weirdness.

"With a lot of bands that have members of both sexes, there's kind of that Fleetwood

Mac complex where you date the members in your band. But we've made a point not to romance each other," she explains. "Me and the Daves, we're like a family."

Together, the trio started their own indie record label a few years ago, Pop Machine, with friends and fellow musicians Said the Whale.

Of course, with an increasingly hectic touring schedule, it wasn't long before the balance between music and business became a bit much and Hey Ocean! signed with Universal Music Canada to relieve some of the pressure.

On top of being signed to a major label, touring the country and preparing to release a new album, IS, on May 15, Ball is also a voice-over actress with a steady gig and a stacked resume.

She admits work is definitely a juggling act, especially because both jobs depend on her vulnerable vocal chords. "I'm still learning how to deal with it all, including how to take better care of my voice," she says.

Don't miss Hey Ocean! with Aidan Knight and The Donna Litas at Ritual Nightclub (137 Besserer St.) tonight. Tickets are \$13 through ticketweb.ca.

What else is going on?

- **Slam Poetry.** Sunday from 3 p.m. to 6 p.m. at The Elmdale Tavern (1084 Wellington St. W.); \$5 or pay what you can. Check out the slam poetry of Rusty Priske, a fixture on the spoken word poetry scene here in Ottawa for the past six years. Rusty has represented Ottawa at the National Slam Championships a record four times.

Scene in brief

Stars join rating fight

Johnny Depp is among the stars joining the call for a lower rating on the documentary *Bully*. Lee Hirsch's documentary on bullying has been rated R for language. Distributors appealed the decision, but it was upheld by the Motion Picture Association of America. In

Canada, provinces that have already rated the documentary have given it a PG rating.

THE ASSOCIATED PRESS

On the Web



American Idol finalist among top 12 tweets that he's off the show but post is later deleted

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Brothers with the pen and the lens

Q&A. Metro chats with one half of the creative team behind new film *Jeff, Who Lives at Home*



NED
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Filmmaker brothers Jay and Mark Duplass do everything together — write, direct, conduct interviews. So we took it as a rare treat when, due to a scheduling conflict, we got to interview Jay on his own for their new film, *Jeff, Who Lives at Home*.

But if you're looking for simmering sibling tensions, don't get your hopes up. The quieter Duplass Brother passed on the opportunity to badmouth Mark.

Where did the story for this film come from?

We actually wrote a short film in 2003. It wasn't titled anything, we just wrote a very short film about this character and it was about him in his basement apartment.

It was inspired by the character, someone who is totally obsessed with the concept of destiny, their place in the world, their connection to their destiny, signs leading from one place to the next — potentially smoking marijuana.

And the concept was that we would take this person and thrust them in the world. And actually make them interact with the real world and some point and hopefully it would be funny.

It is funny, but it's also a very realistic, dramatic film.

Now that we have made a few films, we're realizing that a lot of times what we do is we start in on the comedic side of things — and I think that's how we experience characters like Jeff in our own life. You see a guy like Jeff at the supermarket, you're probably going to tap your spouse and giggle about the guy who is smelling the fruit a little too long.

But you get to know this person — they have dreams, they have hopes and they probably have a dark side. They probably have a really dark side if they are in that



Co-writer/co-directors Mark Duplass, left, and Jay Duplass on the set of their film *Jeff, Who Lives at Home*, from Paramount Pictures and Indian Paintbrush. HANDOUT

position where they're smelling fruit for too long, you know?

Where do you get the ideas for your films usually?

Mark and I have always sat in airports and in our apartments and told each other stories about these really

embarrassing, cringe-worthy things that we've done in our relationships or that some friends of ours has done, and we'll be like, "Oh, that's awful."

It's very dramatic. And then we'll start giggling about it. And I now know that that's what we're do-

ing in our movies. We're relating insanely specific and realistic things that happen between people and cringing about it and giggling about after. It's obvious now that that's what Mark and I have uniquely to offer the world, but that was such a painful, long-term process of find-

ing that. We are terrified of looking out and looking at other filmmakers. We are completely focused on just staying within ourselves and staying within our peer group.

You've been brothers your whole lives, but when did you start creating together?

We've been creating together since Mark was born. We just grew up in a very creative family. We're just kind of from a middle-class New Orleans family, and my dad's a lawyer, my mom took care of us and now she does retail.

But when we were growing up, we baked, we made stained glass out of plastic Mardi Gras beads — and probably contaminated ourselves the whole way through. We did make movies with the giant VCR with the VTR attached, the separate unit. I would carry the camera and Mark would have to lug the VTR. We were in bands together.

So we've always made things and we've always functioned as a unit. You have to put credits up there, but Mark and I just make stuff.

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Horse's death puts HBO show on hold

TV. Network to suspend filming with horses on racing drama *Luck* after third horse fatality

A horse was injured and euthanized Tuesday during production of the racetrack drama *Luck*, the third death in connection with the series, and HBO agreed to suspend filming with horses while the accident is investigated.

The humane group that oversees Hollywood productions had issued an immediate demand "that all production involving horses shut down."

"We are also insisting that this stoppage remain in full effect pending a complete, thorough, and comprehensive investigation," the American Humane Association said in a statement. It noted that the accident didn't occur during filming or racing.

The animal was being led to a Santa Anita Park racetrack stable by a groom when it reared and fell back Tuesday morning, suffering

a head injury, according to HBO. The horse was euthanized at the track in suburban Arcadia, where *Luck* is filming its second season.

In the series, which was created by David Milch (Deadwood, NYPD Blue) and looks at racing's seedier side, Dustin Hoffman plays a crime kingpin who's scheming to gain control of a racetrack and introduce casino gambling.

During season-one filming in 2010 and 2011, two horses were hurt during racing scenes and euthanized. HBO defended its treatment of the animals, saying it's worked with the American Humane Association and racing industry experts to implement safety protocols that exceed film and TV industry standards.

The American Humane Association's film and TV unit, the group sanctioned and supported by the entertainment industry to protect animals used in filming, called for a production halt at the Santa Anita Racetrack in suburban Arcadia after the second horse's death.

Racing resumed after new protocols were put in place and proved effective, Karen



Horses race in a scene from the HBO original series *Luck*. HBO/THE ASSOCIATED PRESS

Rosa, the AHA unit's senior vice-president, said in February.

On Tuesday, Dr. Gary Beck, a California Horse Racing Board veterinarian,

said he had just examined the horse as part of routine health and safety procedures before it was to race later in the day. The horse passed the inspection, the AHA said.

"The horse was on her way back to the stall when she reared, flipped over backwards, and struck her head on the ground," Beck said in a statement. An attending

Quote

"Three horses have now died and all the evidence we have gathered points to sloppy oversight, the use of unfit, injured horses, and disregard for the treatment of thoroughbreds."

Kathy Guillermo, a PETA vice-president

veterinarian determined that euthanasia was appropriate, he said.

Dr. Rick Arthur, medical director of the state racing board, said such injuries occur in stable areas every year and are more common than thought. A necropsy will be conducted, he said, which is routine with all fatalities at racing board enclosures. An American Humane Association safety representative was at the track when the accident occurred and "as always, all safety precautions were in place," HBO said in its statement that said it was "deeply saddened" by the horse's death and was working with the AHA on its inquiry. THE ASSOCIATED PRESS

Television. Judd's 'great European adventure'

IAN
JOHNSTON
Scene@metronews.ca

Ashley Judd says the decision to return to TV with the spy drama *Missing* didn't come easily.

"There was a lot of hesitation. I was really torn right up until I decided to do it," says Judd, who is best known for such big screen movies as *Kiss The Girls* and *Double Jeopardy*.

"But part of what attracted me to this project was the premise — which was very simple and compelling. I'm a mother looking for her missing child."

Which is true. To a point. In *Missing*, Judd does indeed play Rebecca Winstone, a middle-aged widow who is horrified when her son goes missing while vacationing in Europe.

But when the authorities prove no help, Winstone heads to Europe, where she quickly reveals her past life as a CIA operative who can kick some serious butt when things turns deadly.

"I only get back involved with the CIA so I can find my



Missing, which stars Ashley Judd, premieres Thursday on CTV. HANDOUT

ada's Lothaire Bluteau. "We didn't shoot in Burbank. There's very little green screen and minimal interiors," says Judd, who last graced the small screen in the early 1990s with *Sisters*.

"The whole point is that we're taking North Americans on this great European adventure and making TV for the world."

Judd says prepping for the show's energetic fight scenes involved little more than a few weeks of yoga.

"I have some background in it. And I had an amazing fight choreographer. For whatever reason, I'm good at it. I'm a natural. I like it," she laughs.

Besides acting, Judd has devoted a lot of her time in recent years to furthering her education. She recently completed a Masters in Public Administration at Harvard.

"It's really fun to go back as a grownup with life experience and to look through the course catalogue and think — what do I really want to learn and study?"

Missing premieres Thursday on CTV.

son. But to my great dismay, I start to get pulled back into that old life."

Missing is also something of an international production with episodes set in such exotic locales like Rome, Paris, Dubrovnik, and Istanbul. The international cast includes Sean Bean, Keith Carradine, and Can-

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Case closed ... Gillian Anderson admits to having lesbian affair

X-Files star Gillian Anderson confirms to Out magazine that she's no stranger to same-sex romance.

"I was in a relationship with a girl for a long time when I was in high school," the 43-year-old actress says, adding that she had additional flings with other women.

"You know, I'm old enough that I can talk about that." Anderson acknowledges that the dalliances might have had a bigger impact on her had they played a bigger role in her romantic life.

"If I had thought I was 100 per cent gay, would it have been a different experience for me?" she wonders.

"It's possible that my attitude around it came, on some level, from knowing that I still liked boys."



Gillian Anderson GETTY IMAGES

Lawrence tried to squash beef before it became an issue

Jennifer Lawrence isn't in a hurry to make any enemies in Hollywood, so when a tabloid story suggested she was feuding with Twilight star Kristen Stewart, the Hunger Games star did everything she could to quash it before it kicked off.

"There were all these like, fake quotes from me that were actually hilarious. Some of them were from my 'pal' and 'sources,'" Lawrence tells Access Hollywood.

"Then I was like, 'Oh my God. If she reads this, what if she thinks it's true?' I just shot her an email, and was like, 'Hey, can't wait to see more as this feud unfolds!'"

Stewart, no stranger to being tabloid fodder, took it in stride.

"She wrote me back," says Lawrence. "She was like, 'It's fine. Welcome to the world where everything you say gets turned into (something it's not).'" So, she understood."



Jennifer Lawrence GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

LiLo watch



Lohan could see a hit and run charge



THE WORD

Dorothy Robinson
scene@metronews.ca

It's been, what? A hot minute since Lindsay Lohan hasn't been in trouble with the law?

Her days-long winning streak is seemingly coming to an end after allegedly hitting a man with her brand new black Porsche and fleeing the scene in Hollywood late Tuesday night, according to TMZ.

Lohan was reportedly trying to execute

a three-point turn and avoid paparazzi while leaving a nightclub when her car made contact with the manager of a nearby hookah lounge.

The manager, whose knee was supposedly grazed, initially said he was fine and didn't need medical attention, according to paparazzi on the scene. But when he was informed that Lohan was behind the wheel, he reportedly began complaining about being injured.

The man was taken to the emergency room and is said to be considering hiring a lawyer and pressing charges.

Police sources tell the website that they will open a hit-and-run investigation if the man decides to press charges.

Katy Perry ALL PHOTOS GETTY IMAGES

Tell-all book could net Perry a multi-million dollar payday

Katy Perry has reportedly been flooded with offers to write a tell-all book about her divorce from Russell Brand, with one publisher offering \$3.1 million for the story, according to the Sun.

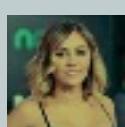
There's no word on whether she's considering the offer, but some speculate that her recent silence seems suspect.

"When everything was going well, Katy couldn't stop talking about him," a source notes.

"Since the split, neither of them have said anything — keeping the price of a deal high."



Twitter



@MileyCyrus

Road trip with mommy :) country music blarin!!!! "It's mommmmm time!"



@RealFayeDunaway

Being realistic is the most common path to mediocrity.



@ricky_martin

If you wake up without a sense of humor, go back to sleep and start your day again.



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Forget about arguing when life begins. First, let's find 2 people who agree on when the sex actually starts.



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Four weeks later.

We attempt to make sense of a chaotic month of catwalks

KENYA HUNT
Metro World News in London

NOW

The decorated waist

Inhale and hold. The waist was a major focal point for the fall shows.

Burberry Prorsum highlighted it with little bows, Etro played it up with horsey harnesses and pepplums, while Fendi and Acne cinched it with wide, sculpting belts. This is probably the easiest idea to adopt now. Simply grab a ribbon and tie it around any one of spring's trendy, lady-like dresses.

Clothes you can breathe in

Despite all the nipped and cinched waists we've seen all month, there was also an overall no-squeezing-required easiness to a lot of the clothes designers showed for fall.

Basically, you don't have to have the perfect body to pull them off.

Think relaxed and slouchy trousers (as seen at Balenciaga, Dries van Noten and Proenza Schouler, to name a few) and skirts that are forgivingly full and knee length (Marc Jacobs, Rodarte and Rochas are good examples).

So go ahead and eat the bun that came with that hamburger.

NEXT FALL

Dark and moody

The darker the colour, the more on-trend you'll be next fall. Burgundy, oxblood and purple were the colours of the season in New York and London showing up everywhere from Diane von Furstenberg to Jason Wu to Christopher Kane.

And black dominated Milan and Paris — just look at Gucci, Alberta Ferretti, Roberto Cavalli, Givenchy and Yves Saint Laurent for proof. You get extra points if you go dark from head to toe à la Rooney Mara,

Huge problems

"Steer clear of any garment that looks like it could eat you for lunch or take up its own seat on the subway unless you are a fashionista with the most advanced degree."

Kenya Hunt, Metro World News

the most referenced girl of the month. But we suggest holding off until September before you start rocking this look. The Girl With the Dragon Tattoo goth thing can get a little hot and sweaty in spring.

Look-at-me outerwear

Technically, every autumn/winter show is an outerwear show.

Coats and jackets are one of those items that women rarely skimp on, so designers like to give plenty to choose from here.

That said, the outerwear reached new heights when it comes to fabric innovation and embellishment — that's a good thing when you consider that the winter coat is the only thing a person really sees on the street in winter.

Our votes for season's best goes to Prada (decorative and ornamental), Alexander Wang (slick, sleek and urban) and Jil Sander (soft, chic and romantic).

NEVER

Anything that appears to swallow you whole

Outsize coats and dresses are having a moment again thanks to Marc Jacobs and Comme des Garçons. But word to the wise: steer clear of any garment that looks like it could eat you for lunch or take up its own seat on the subway unless you are a fashionista with the most advanced degree.

Animals appearing 2D and 3D on clothing

Jeremy Scott attached a giant white unicorn to a black evening dress. And Jean-Charles de Castelbajac affixed life-size toucan heads to the shoulders of tweed suits. But unless your name is Lady Gaga, neither of these looks will go over well in the day-to-day.



Diane von Furstenberg / GETTY IMAGES



Jeremy Scott / GETTY IMAGES



Fendi / GETTY IMAGES

Music à la mode

If the clothes could sing

When soundtracks go right

The playlist for Raf Simons' last Jil Sander show included The Smashing Pumpkins Tonight, Mazzy Star's Fade Into You, and Sonic Youth's cover of Superstar. It was poignant and slightly melancholic, helping to get the audience appropriately choked up for Simons's final bow.

And when they go wrong

Sportmax showed a solid, polished collection. But that's not what everyone was talking about after the show. That would actually be the soundtrack, which was randomly filled with the raunchiest hip hop club bangers including The Ying Yang Twins's notoriously perty Whisper Song.

The Azealia vs. Lana sing-off

It was the month of Azealia Banks's 212 and Lana del Rey's Video Games with their music popping up at Unique, Blugirl, Etro, Tracy Reese, the list goes on. That said, maybe it's time for these ladies to drop a new single?



Prada / GETTY IMAGES

3
LIFE

Style file

Five more ubiquitous ideas

1 Military

2 Asian-inspired prints

3 Men's wear for women

4 Exotic textures

5 Rich embellishments



On the Web



Publicist Kelly Cutrone now keeping it real on America's Next Top Model.

Best dressed of fashion month

Anna dello who? Meet the new crop of ladies who kept the street style photographers happy.

KENYA HUNT
Metro World News in London



New York

Oroma Elewa, editor of Pop'Africana



London

Lauren Smith, journalist



Milan

Anouki Areshidze, designer and blogger



Paris

Elisa Nalin, stylist



New York

Anya Ziourova, fashion director of Russian Tatler



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Eleanor Strauss, Senior Fashion Editor of Lucky magazine

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@Jeanne_Beker: Celebrating a big birthday next week + reflecting on what life's taught me thus far. What's the most important life lesson YOU ever learned?

@dnclaxton

"don't worry about the things you never got to say" my Dad

@gretconstantine

LIFE LESSON LEARNED: don't just believe in yourself, you MUST also believe in others! Kirk of Greta Constantine

@RogersShelagh

hi, babe. Most important life lesson? "the ass will not kick itself" is right up there!

@Kabdancer

"in three words I can sum up everything I learned about life, it goes on" Robert Frost

@wearthosedeals

Don't wait too long for those dreams...u never know, take risks.

@ElyseSimpson

No matter how many other positive or negative things come w/ it enjoy and embrace what you do and how you do it



In EDIT for @hudsonsbayco upcoming ad..



Here's another EDIT dress for @hudsons bayco ad campaign... Can't wait to wear it on vacation!

metro SNAP OF THE DAY



"You Can Pick Your Friends, But You Can't Pick A Trillium"
submitted by Katrina McIntosh

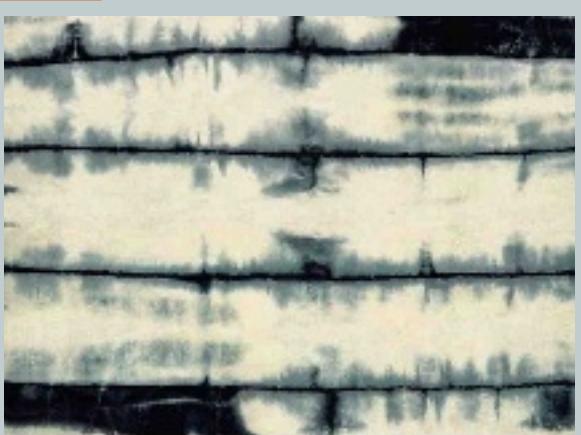
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JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Tie dyed



Modern medallion



Thick and tufted



Exotic loveliness: Found Moroccan Boucherouite, \$470/ four-by-seven feet, West Elm. WEST ELM

Damage control

Showing scum who's boss



CHARLES
THE BUTLER
askcharlesthebutler@
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For more, visit
charlesmacpherson.com

Hi Charles,
Love your column. Do you
have a solution to get rid of

orange soap scum stains on
the caulking of shower stalls?
I've switched to liquid soap
and have tried everything
(clear vinegar, baking soda
paste, Tilex) along with
scrubbing, but to no avail.
Thanks, Peter

Dear Peter,
What kind of orange soap
are you using that causes so
much staining to the caulking?

in your shower? That's the
first thing that sounds scary
to me!

Now you said you have
tried a baking soda paste.
I want you to change your
mixture and use about 3 parts
baking soda to 1 part hydro-
gen peroxide, and leave this
solution on the grout/caulking
for at least one hour.

Then simply rinse away.
This may just do the trick. If it

does not after everything you
have tried, it may mean that
your caulking (most likely a
plastic base) has absorbed and
taken on the colour of your
soap. This means you only
have two options left:

1. Re-do the caulking in your
shower.
2. Change soap.
Good Luck!

HAVE A QUESTION? EMAIL ASKCHARLES-
THEBUTLER@METRONEWS.CA

Thick and tufted



We've got your floors covered: Artful and affordable area rugs

Decor ideas. Rugs are all the rage and can make a room pop—why not unroll a little art under your feet?



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca

ated colour has been a popular way to renew the look of outdated rugs for a few years now. Black, white and grey neutrals are on trend for this season and CB2's hand tufted wool carpet goes through a 36-step process to achieve the groovy tie-dyed effect. Tie-Dye Rug, \$299/five-by-eight feet, CB2 (see above).

Exotic finds
There's no need to travel halfway around the world to an exotic country in hopes of bringing back a souvenir rug. Known as 'rag-rugs' in Morocco, Boucherouite rugs are handcrafted from scraps of yarn for a one of a kind, exotic look and imported to North America. Hand woven from cotton and wool in classic Moroccan patterns. Found Moroccan Boucherouite Rug, \$470/ four-by-seven feet, West Elm (see left).

The trend of the hand-spun, hand-dyed rug that celebrates the contemporary craftsman is all the rage in rugs; and not only in the upper price range where most of the big trends usually start.

Similar to how a special painting or sculpture will contribute to a room, a unique area rug will bring style and personality in a simple space.

Here's a look at some of the fantastic and affordable area rugs following the handmade trends.

Tie-dye
Dyeing old carpets with satur-

Zigzaggy fun

Check out the Whorled Felt rug, \$1,100/six-by-seven feet, from Anthropologie



by-eight feet, HomeSav.com (see above).

Modern medallion

It's easy to find a fussy Persian-style rug with the medallion pattern but usually they are outdated in their look and colour. Grey is the colour of the season with simple exotic henna medallion motifs on 100 per cent New Zealand wool gives a modern spirit to an old idea. Korhani Medallion Rug, \$900/ five-by-eight feet, Sears (see above)



Beware the scum this innocent-looking soap may leave behind. ISTOCK



A couple of utilitarian decor myths: It's a cold, masculine look best suited for Alpha males — not true. CONTRIBUTED

Stripped down style isn't just for bachelors and serial killers

Utilitarian decor.

More of us are embracing this style of decor for its clean simplicity. It's all about being understated.

RICHARD PECKETT

life@metronews.ca

The utilitarian look doesn't have to resemble a vacant factory floor. We spoke to designer Adrienne Chinn about making hard-edged feel homely.

Putting your interior faith in the utilitarian look has a similar ring to that of joining a particularly strict religious sect. In other words, it sounds spartan, clinical and practical, with little room for creative expression and individualism.

Of course, that's not the case, it being an increasingly popular trend among urbanites. The reason for peoples' conversion to the pared-down look is "because more people are buying properties in buildings that

were once warehouses, pubs or other commercial spaces — the style works well in large, open spaces with an industrial feel," explains Chinn.

No cost to comfort

You might be going for a lo-fi style but that doesn't mean your apartment has to be the interior equivalent of a hair shirt. "It's important to incorporate comfort into a utilitarian style," says the design director of Adrienne Chinn Design. "Put up custom-sized industrial landscape wall coverings next to brick walls or concrete flooring for some graphic color. Dress large windows with some full-length silk curtains. The trick is to add tactile comfort with a utilitarian edge in the design."

Streamline with lines

Meticulously spic-and-span flats can read a little obsessive-compulsive, but the interiors expert sees it differently. "It's a clutter-free, edgy and modern look. Build in handle-less cupboards to stow away your stuff or bring in locker-style cupboards for a streetwise element," says Chinn. She adds, "It's perfect

for the bachelor, the couple, or for a young family (lots of room to run around the flat). I've even known a couple regularly roller-skate around their industrial space."

Low-stress living

You don't have to be the fastidious type either, claims Chinn, aside from keeping your place tidy: "Floors are normally wood, tile, concrete or poured resin, which are easy to keep clean. However it's important to include area rugs to soften the edges of the look."

Old meets new

Just because you live in a period property doesn't mean that your decor has to remain a relic of the past. The expert says, "You can bring elements of the utilitarian look into older properties. Streamlined sectional sofas and modern lighting look great with an old Persian carpet, modern art against a white wall and original architectural features like fireplaces and cornices all juxtapose superbly. It's all a matter of balance."

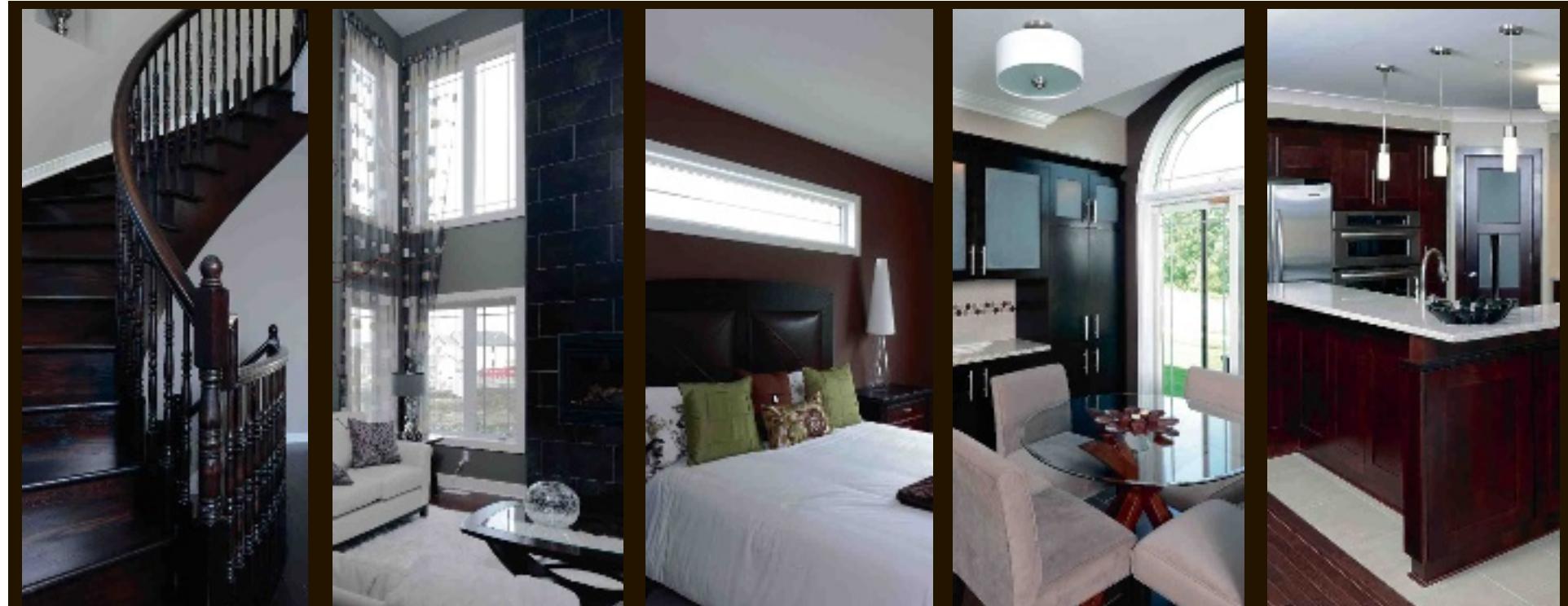
Keep it quirky

There's absolutely no need for a stripped-down style to appear bland.

- **Be original, baby.** "Layering textures, such as leather and chrome furniture with long silk curtains, textural or graphic feature walls, will give your space some style clout," describes Chinn. "Mix edgy items with some distressed older pieces like modern dining chairs around a rustic farmhouse table." After all, it's the unexpected details that keep style original.

Let there be light

Industrial looks tend to evoke darkness and a masculine harshness, so it's important to flood the room with light as the designer reveals. "Good light, both natural and electric is vital for the look to work. Try adding decorative accent lighting along with hidden lighting to keep the room feeling airy and not oppressive."



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¹Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of \$75,000 or more. Mandatory CIBC deposit account for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. ²In order to get the one-time upfront bonus of 15,000 Aeroplan Miles and 500 Aeroplan Miles quarterly (15th of January, April, July and October) for the initial term of the mortgage, a client must have a secured or unsecured line of credit (new or existing) and a CIBC savings account (new or existing) with a positive average balance up to 60 days after the advance of the mortgage. For those mortgages that qualify for the offer, the planholder's account number provided by you (or assigned by Aeroplan LP) will be credited with a one-time up front bonus of 15,000 Aeroplan Miles within 6-10 weeks from date of mortgage advance. Only one Aeroplan account is eligible for Aeroplan Miles on your mortgage. Aeroplan Miles have no monetary value and can only be redeemed according to the rules established by Aeroplan LP. Aeroplan Miles cannot be transferred to another person. Offer ends June 30, 2012. ³Aeroplan is a Registered Trademark of Aeroplan Canada Inc. "Life adds up. Your finances should too." and Design are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

SPECIAL INFORMATION FEATURE

Been der, dun dat

Bucket list. Columnist gets to shotgun beers with Fubar's Deaner



JEFF
O'REILLY
For Metro

When Fubar — a low-budget, Canadian mockumentary chronicling the misadventures of the lovable headbanging duo of Dean Murdoch and Terry Cahill — was released in 2002, it took a lot of people by surprise, becoming an instant cult classic.

With a kick-ass soundtrack and unexpectedly hilarious and poignant storyline, the movie spawned dozens of memorable catch-phrases, a book and a sequel as Terry and Deaner became heroes in a movie that stands proudly with Strange Brew and BeerFest as beer drinking cinematic masterpieces.

In Fubar, the preferred method of beer consumption is shotgunning and the preferred beer is Old Style Pilsner, but since they don't sell that in Ontario anymore I had to go to Plan B — Molson Can-

"Turn up the good ..."

- Catch Deaner at Ritual on Saturday and get ready to "Turn up the good, turn down the suck" as he provides a live commentary during a screening of Fubar 2 and performs with his band Night Seeker after the movie.

adian Lager — and just keep on given'.

For the uninitiated, shotgunning a beer has you holding a beer can and punching a small hole near the bottom of the can (usually with a key or knife), then lifting the can and putting the hole to your mouth quickly, before opening the tab, which releases the now pressurized beer into your mouth at supersonic speeds.

In the interest of research I decided to track down Deaner and shotgun a few to see first-hand the difference in both taste and effect that this process creates from the traditional beer tasting regimen. Hey, who says science has to be boring?

When shotgunning a beer remember the following tips. It usually works better if the



Another thing off my bucket list: Shotgunning beers with Deaner. "Been der, dun dat." SEAN SISK/FOR METRO

beer is a little warmer. Turn the can upside down and poke a hole on the side nearest to you near the bottom (which is now the top) to avoid getting sprayed. Make sure the part of the tab you grab is facing down so when you turn the beer upright you can pull it towards you. Take a deep breath, poke the hole, pull the

can to your lips, open the tab and down it as fast as you can. A rush of beer hits your taste buds all at once in a whoosh. You should be chugging for all your worth since not finishing it all in one shot is pretty embarrassing in some circles. A little spillage may occur — results may vary.

As for analyzing the dif-

ference in gustatory qualities between fully appreciating a beer and shotgunning it? It's very much like comparing taking a glass of water on a date with a tsunami hitting you smack dab in the face, or savouring a beautifully cooked steak dinner with getting punched in the mouth with a hamburger. The tastes

encountered from the rush of pounding back this highly carbonated, frothy, barley explosion are difficult to distinguish. And after a few seconds, when you undoubtedly belch, you will actually taste more on the way out than on the way in. It's not for the faint of heart.

Please enjoy responsibly.



Jane raises her glass at the St. Brigid's Centre for the Arts as its March 17 luncheon always has Irish eyes smiling. JEFF O'REILLY/FOR METRO

St. Patrick's Day. It's easy being green with Innis & Gunn

It's a hectic time of year for those of Irish descent, as the Ottawa Irish Society has been busy painting the town green, paying proud tribute to its heritage.

And, of course, we know the local Irish pubs will be filled with the joyous sounds of music and laughter as they embrace the infectious fun-

loving spirit of Ireland every day of the year.

This year, something else "inspired by Ireland" caught my eye as the adventurous Scottish brewers Innis & Gunn tip their hat to the Emerald Isle with their new Irish Whisky Cask Oak Aged Beer.

Upon securing some rare oak Irish whiskey casks, they

decided to craft a stout (a nod to another ubiquitous Irish classic) and carefully mature the brew for a full 60 days in these vessels in hopes of taking on some of the wonderful triple-distilled charms of a legendary Irish whiskey.

Innis & Gunn Irish Whisky Cask (7.4 per cent alcohol by volume) pours almost

black with ruby hues and a foamy mocha head into a tulip glass.

Brown sugar, roasted coffee, chocolate, and oak fill the nose as sweet chocolate, vanilla, molasses, caramel and coffee flavours are found up front before the oak sets in with some earthy and nutty tones and the slight

alcohol tingle of clean Irish whiskey (I'm guessing Jameson).

The mouth feel is creamy and smooth with a nice, slightly chalky, dry finish — a little lighter than most stouts, but a fitting celebration of some Irish legends for sure. Slainte!

JEFF O'REILLY

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A spring in your step



SEASONAL SIPS

Allyson Bycraft
For Metro

First Day of Spring, March 20:

Welcome spring with an aromatic, clean white wine with aromas to remind you of the flowers that will be on their way in the coming weeks.

Torrontes is Argentina's signature white grape (just as Malbec is the signature red in that country). Las Perdices

Torrontes (\$12.95, #267823) features the aromatic, floral profile for which the grape is known. Available at Vintages Saturday.

St. Patrick's Day, March 17: Spring or not, there are sure to be more cold days to come throughout March.

If green beer is not your thing, keep yourself warm this St. Paddy's day with a rich red from sunny California.

Villa Mt. Eden Antique Vines Zinfandel (\$19.95,

#256719) is a full-bodied red from grapevines ranging in age from more than 40 to more than 100 years old. Old vines like this don't produce many clusters, but the grapes that are there have a very pronounced intensity of flavour. Available at Vintages Saturday.

ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE IN CALIFORNIA AND BRITISH COLUMBIA. FOLLOW HER GOINGS-ON AT SCRATCHINGSFROMACELLARAT.BLOGSPOT.COM.



Classics. Brighten your day with these sparklers



SUSAN DESJARDINS

For Metro

Sample the gamut among the featured wines of Spain in the March 17 LCBO Vintages release. Brighten your day and your palate with classic champagne and white or rosé sparklers made in the traditional method (second fermentation in bottle). Try Aces

Okanagan Seven Deuces Red for a tasty "hi steaks" wine!

Susan See Ya Later Ranch Brut, B.C.

(LCBO #271049, \$20.95)

Medium bodied, clean frothy and floral with a hint of toasted nuts.

Lefèvre Rémondet Crémant de Bourgogne Brut Rosé, France

(LCBO #265306, \$15.95)

Delicate mousse, fresh red



IF I HAD \$100 ... TO SPEND AT VINTAGES

fruit and a crisp, tangy finish.

Cerro Añon Reserva 2009, Spain

(LCBO #114306, \$18.95)

A substantial Tempranillo blend, plush, lively and offering great value.

Wakefield Shiraz 2009,

Australia

(LCBO #943787, \$17.95)

Dry, powerful, structured, flavoured with spice-infused dark fruit—buy a few bottles!

Quinta Nova Pomares

2009, Portugal

(LCBO #214007, \$16.95)

Dry, mid-weight and silky with the lively impact of spiced red fruit—and cellarable.

GRAND TOTAL: \$90.75

FOR MORE, SEE SAVVYCOMPANY.CA.

Sample local fare at Reel Food Film Festival

The Reel Food Film Festival returns March 22-29 at the Ottawa Public Library with more impressive films examining raising awareness about food and agricultural issues. Two feature films will be screened: To Make a Farm; and Land Awakening.

The festival's partners include Just Food, Ottawa Good Food Box and One World Arts organization, which share their vision of screening local or Canadian-made films that promote community discussion.

Voted one of the most popular Canadian films at the Vancouver International Film Festival in 2011, To Make a Farm tells the story of five young individuals who decide to become small-scale farmers. Their adventurous spirits are challenged daily.

"It's hard to tell someone that you're going to become a farmer," says one participant. "They just kind of stop."

Yet, despite their



To Make a Farm director Steve Suderman.

kitchen being in pieces initially, the optimism of the new farmers creates an intimate portrayal of humanity struggling to reconnect with the food system. Adorable anecdotes are captured in Steve Suderman's documentary.

Land Awakening is about Mexican-Canadian filmmaker Raúl Alvarez's quest around Canada and the Mediterranean about chemical-free agriculture.

Admission is free to each screening, but a \$5 donation is encouraged.

For more, see reelfoodfilmfestival.ca.
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March 16, 17, 18



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Snow Bean

Reg. \$2.99 lb

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Special Only
March 16, 17, 18



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A dash of creativity results in delicious – and healthy – eats

Ingredients

4 portions
Preparations: 15 minutes
Cooking time: 20 minutes

- 125 ml (1/2 cup) fresh whole-wheat bread crumbs
- 50 ml (1/4 cup) shelled pistachios, finely chopped
- 2 cloves garlic, minced
- 1 ml (1/4 tsp) freshly ground black pepper
- 1 egg white
- 15 ml (1 tbsp) Dijon mustard
- 4 small white fish fillets (about 500 g/1 lb)
- 10 ml (2 tsp) canola oil

Chunky Roasted Red Pepper Sauce

- 5 ml (1 tsp) canola oil
- Half small onion, finely diced
- 30 ml (2 tbsp) chopped fresh flat-leaf parsley
- 1 jar (340 ml/12 oz) roasted red peppers, drained and diced
- 125 ml (1/2 cup) sodium reduced chicken broth
- 15 ml (1 tbsp) liquid honey

Fish. If you think healthy eating only consists of bland salads, think again. This recipe boasts a tasty pepper sauce

The soft meatiness of colourful pistachios contrasts with the crisp garlic crust of the fish. Choose catfish, tilapia, haddock or cod fillets.

1 In a shallow dish, combine bread crumbs, pistachios, garlic and pepper.

2 In another shallow dish, whisk together egg white and mustard. Coat fish fillets with mustard mixture and coat in bread crumb mixture.

3 In a large ovenproof non-stick skillet, heat 10 ml (2 tsp) oil; cook fish on medium-high heat for 2 minutes. Turn over and place in a 220 C (425 F) oven for about 8 minutes or until fish flakes when tested

Pistachio-Crusted Whitefish With Roasted Red Pepper Sauce.



This recipe serves four. THE CANADIAN PRESS H/O

with a fork.

4 Meanwhile, in a small non-stick skillet or saucepan, heat 5 ml (1 tsp) oil over medium heat and cook onion

and parsley for about 5 minutes or until softened.

5 Add peppers, broth and honey and bring to a simmer. Simmer for about 2

minutes or until some of the broth has evaporated. Serve over fish fillets. DEVELOPED BY EMILY RICHARDS FOR THE HEART AND STROKE FOUNDATION OF ONTARIO, HEARTANDSTROKE.CA/ THE CANADIAN PRESS

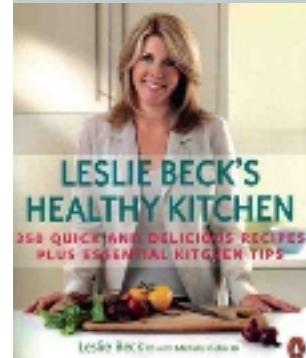
Book of the Week

Leslie Beck's Healthy Kitchen

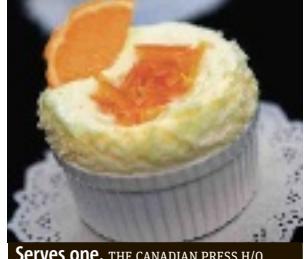
Leslie Beck's Healthy Kitchen is a must-have staple, with 250 recipes and quick ways to help you eat the healthiest diet possible, including meal-planning tips, getting portion sizes right and cooking methods.

Enjoy Cranberry Apple Granola for breakfast, Lentil Salad with Citrus Yogurt Dressing for lunch, Cashew Mango Trail Mix for a snack, Easy Fish Tacos for dinner, and Blueberries Topped with Candied Almonds for dessert. On weekends, make Smoked Salmon and Dill Frittata or Banana Flax Pancakes to start your family's day. Beck's easy recipes are great for entertaining, too.

METRO



Get your day started with Egg-White Soufflé



Serves one. THE CANADIAN PRESS H/O

Soufflés puff up beautifully. Enjoying the creamy delicious flavour of a soufflé is a treat too.

1 In 1-l (4-cup) bowl, combine margarine and milk. Microwave on High for 30 seconds. Whisk in flour, oregano and cayenne pepper. Microwave on High for 30

seconds. Whisk to combine. Whisk in red pepper.

2 In separate bowl and using electric mixer, beat egg white until firm peaks. Fold into milk mixture until evenly combined. Microwave on High for 1 minute or until puffed and cooked through. Slide out onto a

plate and place a slice of orange on top. DEVELOPED BY

EMILY RICHARDS FOR THE HEART AND STROKE FOUNDATION OF ONTARIO, HEARTANDSTROKE.CA/ THE CANADIAN PRESS

Ingredients

- 10 ml (2 tsp) soft non-hydrogenated margarine
- 50 ml (1/4 cup) skim milk
- 15 ml (1 tbsp) all-purpose flour
- 1 ml (1/4 tsp) dried oregano
- Pinch cayenne pepper
- 15 ml (1 tbsp) finely chopped roasted red pepper
- 1 egg white
- Orange slice, for garnish

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* Anniversary Event Period: 3/16 - 4/12/2012



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Baseball

Encarnacion powers Jays over Yankees

Edwin Encarnacion hit two home runs for the Toronto Blue Jays in a 7-5 victory over the New York Yankees in spring training action on Wednesday.

THE ASSOCIATED PRESS

NFL

Lions sign Johnson to 8-year deal

The Detroit Lions have signed Calvin Johnson to a new eight-year contract worth up to \$132 million, making him the highest paid receiver in the NFL.

THE ASSOCIATED PRESS



Calvin Johnson
GREGORY SHAMUS/GETTY IMAGES

NFL

Titans execs meet with Manning

A group of Tennessee Titans executives have returned to Nashville with Peyton Manning for a meeting with the free agent on the team's home turf.

THE ASSOCIATED PRESS

Tennis

“Things went well in the first set, but then he picked up his game.”

Milos Raonic who suffered a hard-fought 6-7 (4), 6-2, 6-4 loss to world No. 3 Roger Federer on Tuesday night.



SPORTS



Binghampton pipeline pumps Sens up for playoffs



THE HOCKEY
NEWS

Murray Pam
ottawa@metronews.ca

For the Ottawa Senators, happiness is yelling Bingo! Or at least calling it.

Thanks in large part to the development job of AHL Binghampton coaches Kurt Kleinendorst and Steve Stirling the past two seasons, the Sens are well-positioned for a playoff drive, fortified with impressive depth.

Last year, Bobby Butler, Erik Condra and Colin Greening ascended from the farm and suddenly became household names ... outside their own households. A year later, Jim O'Brien and Rob Klinkhamer were recalled and are making an impact.

O'Brien has nestled onto the fourth line, pushing Zenon Konopka to the press box most nights. Playing alongside Nick Foligno and Chris Neil, the 23-year-old O'Brien injects energy and speed into a unit that has become so effective, it's been a de facto third line of late. Over the past three games, the 6-foot-2, 200-pound O'Brien has averaged more than 16 minutes of ice-time,



Montreal's Brad Staubitz gets crushed between Nick Foligno and Chris Neil on Wednesday night. PAUL CHIASSON/THE CANADIAN PRESS

some of which has been on the penalty kill. Coach Paul MacLean was so enamored with O'Brien's defensive abilities that he was utilized as the lone forward during an overtime penalty kill against Buffalo on Saturday.

Similar to O'Brien, the 'Missing Klink' also adds quickness and size. Acquired earlier this season from Chicago for a seventh-round pick, the 6-foot-3, 215-pound

Klinkhamer has slid in seamlessly on the left side of the club's second line with Kyle Turris and Daniel Alfredsson. The Lethbridge, Alta., native has averaged 4.25 hits per game in his four appearances, creating time and space for his linemates. Prorated over a whole season, that total would rank Klinkhamer second among the NHL's heavy hitters.

Neither player is expected

to fill the net: O'Brien has two goals in 16 outings with the Senators, while Klinkhamer is still looking for No. 1. The latter isn't discouraged, however. "You start to worry when you don't get the chances," Klinkhamer said. "That's what my old man used to say. I am getting chances so it's not time to worry yet."

While the pair play similar styles, their climbs to the

NHL are diverse. O'Brien, drafted 29th overall in 2007, was Bryan Murray's first-ever selection as Sens GM. The 27-year-old Klinkhamer was undrafted and has toiled in the AHL the past five campaigns.

Regardless of their routes, O'Brien and Klinkhamer help represent the progress the franchise has made in building a foundation that will endure.

In brief

Coach of Knicks steps down

Mike D'Antoni resigned Wednesday as coach of the New York Knicks, whose brief resurgence in a wave of Linsanity quickly gave way to a late-season skid that puts them in danger of even making the NBA playoffs. Assistant coach Mike Woodson will serve as interim head coach. Never able to duplicate his success in Phoenix, D'Antoni was headed to his third losing season since signing a \$24 million, four-year contract in 2008 that made him one of the NBA's highest-paid coaches.

THE ASSOCIATED PRESS

Howard wants to finish season with Magic



Dwight Howard speaks to the media after Orlando's win over Miami on Monday. SAM GREENWOOD/GETTY IMAGES

The Orlando Magic entered their third meeting with the Miami Heat shrouded in uncertainty because of the unknown status of their biggest star.

Dwight Howard made a preseason request to be traded from the only team the former No. 1 pick has ever known, leaving fans wondering if every game could be his final one with a Magic jersey.

But with the NBA's 3 p.m. EDT Thursday trade deadline fast approaching, Howard used the aftermath of a 24-point, 25-rebound performance in the Magic's 104-98 overtime victory over the

Opportunity

“We have to take a chance and I think we have a great chance to surprise a lot of people by winning.”

Dwight Howard

Miami Heat Tuesday night to quell some of that uneasiness.

Howard took back his preseason request and said that he wanted to remain with the team for the remainder of the season.

"Well, I told those guys,

I've been telling them for the past two or three weeks now that I want to stay and finish the season," Howard said. "I told them I feel we have a great opportunity to win and I told them that I want to be here and I want to bring a championship here. I told them they've got to give me that chance. They didn't trade me at the beginning of the season and I told them I'd go out and play as hard as I could every night to put our team in a position to win."

It was the eighth 20-20 game of the season for Howard and 40th of his career.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	69	44	18	2	5	192	150	95	24-7-0-2	20-11-2-3	6-3-1-0	W2
d-Boston	69	40	26	1	2	223	170	83	20-13-1-1	20-13-0-1	4-6-0-0	L3
d-Florida	69	33	23	5	8	171	193	78	18-9-1-7	15-14-4-1	6-3-0-1	W2
Pittsburgh	68	42	21	2	3	219	173	89	24-8-2-0	18-13-0-3	9-1-0-0	W9
Philadelphia	69	40	22	2	5	223	197	87	18-10-1-4	22-12-1-1	7-3-0-0	W1
New Jersey	70	40	25	2	3	195	182	85	19-12-0-3	21-13-2-0	5-4-1-0	L1
Ottawa	70	36	25	6	3	216	206	81	18-13-2-2	18-12-4-1	6-3-0-1	L1
Washington	70	36	28	3	3	189	197	78	23-10-1-2	18-18-2-1	7-2-1-0	W4
Buffalo	70	33	29	4	4	174	196	74	18-11-3-4	15-18-1-0	7-2-1-0	W2
Winnipeg	69	32	29	4	4	181	195	72	21-10-1-3	11-19-3-1	5-3-1-1	L2
Tampa Bay	69	32	30	4	3	197	234	71	21-11-1-1	11-19-3-2	5-4-1-0	W1
Toronto	70	30	32	4	4	202	217	68	16-13-3-3	14-19-1-1	1-8-0-1	L5
NY Islanders	70	28	31	7	4	163	206	67	15-15-5-1	13-16-3-2	3-4-2-1	L4
Carolina	70	26	29	9	6	183	211	67	17-13-1-5	9-16-8-1	3-3-2-2	L2
Montreal	70	27	32	3	8	185	196	65	12-15-2-6	15-17-1-2	3-6-1-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	71	45	18	1	7	186	139	98	28-4-1-3	17-14-0-4	8-1-0-1	L1
d-Vancouver	69	42	19	1	7	215	172	92	20-9-0-4	22-10-1-2	4-4-1-1	L1
d-Dallas	70	39	26	1	4	186	183	83	20-12-0-3	19-14-1-1	9-0-0-1	W6
Detroit	70	44	23	1	2	219	167	91	28-4-1-1	16-19-0-1	3-6-0-1	L2
Nashville	69	41	21	3	4	200	179	89	23-8-2-3	18-13-1-1	7-2-0-1	W3
Chicago	71	38	25	4	4	213	209	84	24-7-1-4	14-18-3-0	5-4-0-1	W1
Phoenix	70	34	25	3	8	182	178	79	18-12-2-4	16-13-1-4	4-4-0-2	L1
San Jose	69	34	25	5	5	189	178	78	19-11-2-1	15-14-3-4	2-5-1-2	L1
Calgary	70	33	25	5	7	176	193	78	19-9-1-4	14-15-4-3	5-1-1-3	W4
Los Angeles	70	33	25	5	7	159	153	78	18-13-0-4	15-12-5-3	6-4-0-0	W2
Colorado	71	37	30	3	1	186	189	78	21-15-0-1	16-15-3-0	7-3-0-0	W2
Anaheim	70	29	30	5	6	173	196	69	18-14-2-0	11-16-3-6	4-5-1-0	L3
Minnesota	70	29	31	2	8	150	194	68	15-14-1-3	14-17-1-5	2-7-0-1	L2
Edmonton	69	26	36	3	4	182	209	59	16-15-2-2	10-21-1-2	3-6-1-0	L3
Columbus	69	22	40	2	5	161	223	51	13-20-1-2	9-20-1-3	5-5-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Colorado at Buffalo
Ottawa at Montreal
Dallas at Winnipeg
Columbus at Edmonton
Phoenix at Vancouver
Detroit at Anaheim
Tuesday's results
Calgary 3 San Jose 2 (OT)
Florida 5 Toronto 2
Chicago 4 St. Louis 3 (SO)
Dallas 1 Minnesota 0
Los Angeles 5 Detroit 2
N.Y. Rangers 4 Carolina 2
Philadelphia 3 New Jersey 0
Tampa Bay 6 Boston 1
Washington 5 N.Y. Islanders 4 (SO)
Tonight's games
(All times Eastern)
Colorado at New Jersey, 7 p.m.
Philadelphia at N.Y. Islanders, 7 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.
St. Louis at Carolina, 7 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Boston at Florida, 7:30 p.m.
Phoenix at Calgary, 9 p.m.
Nashville at San Jose, 10:30 p.m.
Tomorrow's games
Montreal at Ottawa, 7:30 p.m.
Washington at Winnipeg, 8:30 p.m.
Chicago at Dallas, 8:30 p.m.
Calgary at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.

LATE TUESDAY

PANTHERS 5, LEAFS 2

First Period

1. Florida, Bergenheim 15 (Samuelsson, Ellerby) 0:59
Penalties — Rosehill Tor, Barch Fla (fighting) 5:16, MacArthur Tor (holding) 5:29, Garrison Fla (holding) 19:57.

Second Period
2. Florida, Garrison 15 (Goc, Wolski) 14:43
3. Toronto, Bozak 15 (MacArthur, Kessel) 19:02
Penalties — Ashton Tor (slashing) 12:42.

Third Period
4. Florida, Kopecky 7 (Garrison, Jovanovski) 6:07 (pp)
5. Florida, Goc 9 (Wolski) 10:28 (pp)
6. Toronto, Grabovski 22 (Schenn, MacArthur) 13:50
7. Florida, Bergenheim 16 (Kopecky) 18:40 (en)
Penalties — Ashton Tor (high-sticking) 5:17, Bozak Tor (holding stick) 10:12, Ashton Tor (fighting), Matthias Fla (instigating, fighting) 11:40.

Shots on goal

Toronto 5 11 12 —28

Florida 9 5 13 —27

Goal — Toronto: Reimer (L,11-12-4); Florida: Theodore (W,20-13-7).

Power-plays (goals-chances) — Toronto: 0-2; Florida: 2-4.

Attendance — 17,475 (17,040) at Sunrise, Fla.

FLAMES 3, SHARKS 2 (OT)

First Period

1. San Jose, Couture 29 (Burns, Thornton) 0:53

Penalties — San Jose bench (too many men; served by Ferriero) 2:31, Clowe SJ (hooking) 5:06, Stajan Cal (holding) 12:32, San Jose bench (too many men; served by Clowe) 16:33, Jokinen Cal (tripping) 17:18, Clowe SJ, Desbiens Cal (fighting), Glenross Cal (boarding major, game misconduct) 19:31.

Second Period

2. Calgary, Baertschi 2 (Horak, Smith) 5:46
3. Calgary, Iglnia 30 (Giordano) 18:27

Penalties — Giordano Cal (delay of game) 16:21, Sarich Cal (high-sticking) 19:50.

Third Period

4. San Jose, Couture 30 (Marleau, Thornton) 1:22 (pp)

Penalties — None.

Overtime

5. Calgary, Stajan 5 (Comeau) 4:20

Penalties — None.

Last night's games

Colorado at Philadelphia, 4 p.m.

D.C. United at Los Angeles, 7 p.m.

MLB

SPRING TRAINING

Yesterday's results

Pittsburgh 11 Baltimore 5

Detroit 7 N.Y. Mets 6 (10 inn.)

Miami 4 Tampa Bay 2

Houston 4 St. Louis 3

Toronto 7 N.Y. Yankees 5

Minnesota 6 Philadelphia 4

Milwaukee 10 Chicago Cubs 2

Chicago White Sox 9 L.A. Angels 7

Colorado (ss) 6 Texas 1

San Diego 9 Cincinnati 4

San Francisco 2 Cleveland 2 (10 inn.)

San Diego 8 Arizona (ss) 0

Atlanta 6 Washington 5

Kansas City vs. Seattle

L.A. Dodgers vs. Cincinnati

Arizona (ss) vs. Colorado (ss)

Today's games

Baltimore vs. Detroit at Lakeland, Fla., 1:05 p.m.

Atlanta vs. Philadelphia (ss) at Clearwater, Fla., 1:05 p.m.

N.Y. Yankees vs. Washington at Viera, Fla., 1:05 p.m.

Pittsburgh vs. Minnesota at Fort Myers, Fla., 1:05 p.m.

Toronto vs. Houston at Kissimmee, Fla., 1:05 p.m.

N.Y. Mets vs. Miami at Jupiter, Fla., 1:05 p.m.

Philadelphia (ss) vs. Tampa Bay at Port Charlotte, Fla., 1:05 p.m.

St. Louis vs. Boston at Fort Myers, Fla., 2:35 p.m.

Arizona vs. Chicago Cubs (ss) at Mesa, Ariz., 4:05 p.m.

Kansas City vs. L.A. Dodgers at Glendale, Ariz., 4:05 p.m.

Cincinnati vs. L.A. Angels at Tempe, Ariz., 4:05 p.m.

Oakland vs. Texas at Surprise, Ariz., 4:05 p.m.

Chicago Cubs (ss) vs. Colorado at Scottsdale, Ariz., 4:05 p.m.

San Francisco vs. Seattle at Peoria, Ariz., 10:05 p.m.

BLUE JAYS 7, YANKEES 5

New York ab r h bi Toronto ab r h bi

Jeter ss 3 1 1 0 Y.Escobar ss 2 1 0 0

Bernier ss 2 1 1 2 Vizquel ss 2 0 0 0

Parise, NJ 28 34 62 Granderson cf 3 0 2 1 K.Johnson 2b 3 0 1 0

Eriksson, Dal 23 39 62 Wise pr-cf 2 0 2 2 Gose cf 1 0 0 0

Ra.Whitney, Phx 21 41 62 Cano 2b 2 0 0 0 Bautista rf 2 0 0 0

Parenteau, NYI 15 46 61 C.Joseph 2b 2 0 1 0 B.Francis rf 1 0 0 0

Hartnell, Pha 32 28 60 Al.Rodriguez dh 3 0 0 0 Lind 1b 2 0 0 0

Iglnia, Cal 30 30 60 K.Hgshka pr-dh 2 0 0 0 Valbuena pr-2b 1 1 0 0

</div

GMs ponder shift of power to Penguins

NHL. 'They're obviously the best team in the league,' says GM Sather of Pittsburgh with Crosby

There were a few jealous glances cast toward Pittsburgh GM Ray Shero.

News of Sidney Crosby's impending return to the Penguins lineup left Shero's colleagues wondering how much tougher the path to the Stanley Cup has become as they gathered in Florida for the NHL's general managers' meetings in Boca Raton, Fla.

"With him back, it's certainly going to make it a lot more difficult," New York Rangers GM Glen Sather said Wednesday after the meetings wrapped up.

Crosby is scheduled to see his first action since Dec. 5 when Pittsburgh (42-21-5) visits the Rangers at Madison Square Garden on Thursday night. New York (44-18-7) is currently the top seed in the Eastern Conference, six points up on

Ottawa outlook



I hope he doesn't play against us (in the playoffs).

Ottawa Senators GM Bryan Murray on the return of Sidney Crosby.

the Penguins.

However, Crosby is rejoining a Pittsburgh team that has won nine straight games and appears to be peaking just before the start of the playoffs. Adding the best player in hockey to that mix is a scary thing for opponents.

"It's not like they needed help," said Philadelphia Flyers GM Paul Holmgren.

Not only does his team face the Penguins three times before the end of the regular season, they are also possible first-round opponents.

"Obviously, Pittsburgh over the last couple of years have been a tremendous team," he said. "There was a period of time last year where they had Sidney and Evgeni (Malkin)



Sidney Crosby's return adds one of the game's best to an already formidable Penguins lineup. JUSTIN K. ALLER/GETTY IMAGES FILE

out and they still continued to march along. They're certainly one of the top teams in the East."

Crosby's absence dates back to January 2011, when he sustained blows to the head in

consecutive games and was diagnosed with a concussion. He returned to the Penguins' lineup in November before suffering a setback in December that was linked to a soft tissue neck issue.

While acknowledging that his team found it easier to face Pittsburgh without Crosby, New Jersey Devils GM Lou Lamoriello indicated that seeing No. 87 back will be a welcome sight.

European action axed

Uncertainty surrounding the NHL's collective bargaining agreement has prompted the league to call off next fall's games in Europe.

• A senior league source confirmed Wednesday that the season-opening overseas games have been cancelled.

• It will be the first time since 2007 that the NHL won't kick off the season overseas.

• "I'm not going to comment as to what the next CBA may look like," said commissioner Gary Bettman. "But the CBA that we currently have is in effect until Sept. 15 and we told clubs to continue to operate under the CBA."

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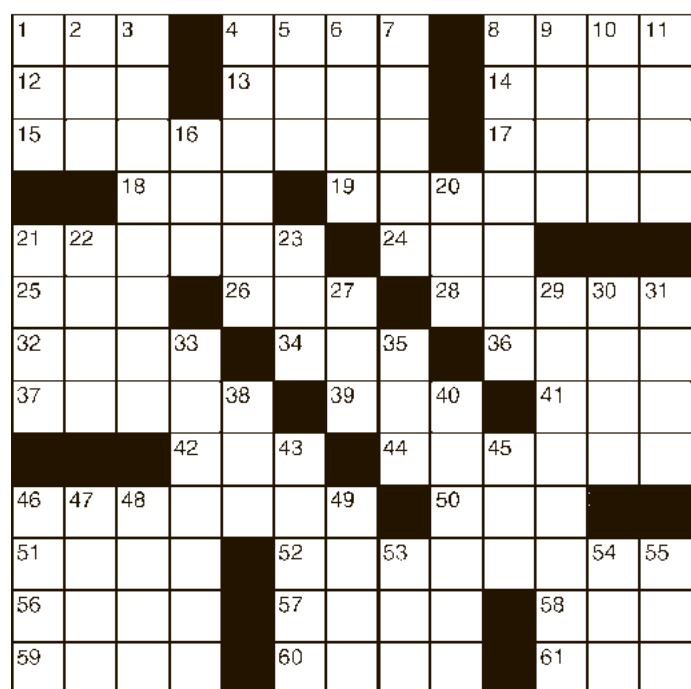
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Crossword

Across
 1 Chic, to Austin Powers
 4 Crooked
 8 Implement
 12 Tramcar contents
 13 Decorative case
 14 Unsightly
 15 Relinquish the throne
 17 Smile
 18 Squid squirt
 19 Big-time operator?
 21 19-Across, e.g.
 24 Chart format
 25 "Eureka!"
 26 Run-down horse
 28 Financial advisor Suze
 32 Teeny bit
 34 Deviate off course
 36 Antitoxins
 37 Dickinson output
 39 Space
 41 Water barrier
 42 Suitable
 44 Literary comparison
 46 Last major battle site of WWII
 50 Lobbyists' org.
 51 Actress Sorvino
 52 Suggest
 56 Greatly
 57 Dazzle
 58 Driving site
 59 Zilch
 60 — a-ling
 61 Right angle



Down
 1 Bygone bird
 2 Sphere
 3 Commit (to)
 4 Signal, as with a nod

5 Schedule abbr.
 6 "Phooey!"
 7 Traffic jam
 8 They're in for the long haul
 9 Shrek is one
 10 Hodgepodge
 11 Singer Loretta
 16 Bankbook abbr.
 20 Carnival site
 21 Moist
 22 Canton's place
 23 Shaft of light
 27 Choke
 29 Treat an ailment
 30 Asian sea, really a lake
 31 Appellation
 33 Spring (from)

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer



Horoscope

Aries | March 21 - April 20.
 Don't expect rivals to play fairly but that's OK because you have no intention of playing fairly either!

Taurus | April 21 - May 21.
 Let others know what is on your mind. You should really be this direct more often.

Gemini | May 22 - June 20.
 You are in an impulsive mood at the moment and common sense is unlikely to be a factor in your thinking. Don't gamble your rep.

Cancer | June 21 - July 22.
 Put your own needs first today and ignore those who say you should be more careful. Be more adventurous — all the time!

Leo | July 23 - Aug. 22.
 It's not like you to have doubts but something is tormenting you more than it should. Focus on the positive.

Virgo | Aug. 23 - Sept. 22.
 If you act on every piece of advice you get today, you won't get much done. You might as well ignore it.

Libra | Sept. 23 - Oct. 22.
 Assert yourself today and let colleagues and employers know you have what it takes to earn a promotion. Shine bright.

Scorpio | Oct. 23 - Nov. 21.
 You may have big plans but do they stand a realistic chance of success? That is the question.

Sagittarius | Nov. 22 - Dec. 21.
 Today is decision day as far as a work-related matter is concerned. Make your choice.

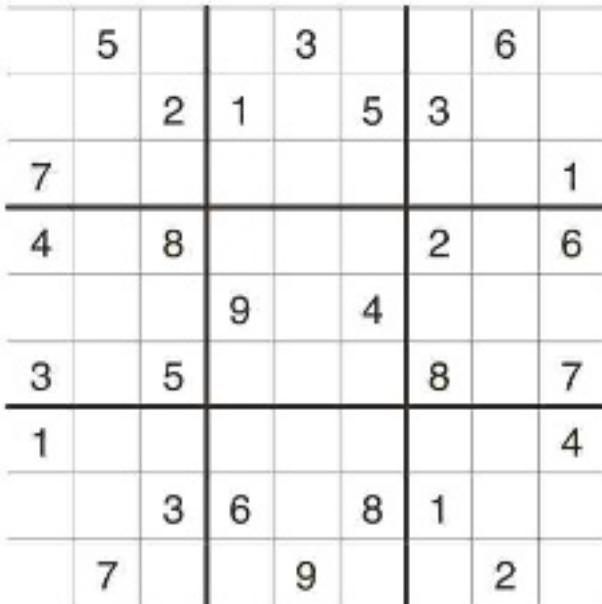
Capricorn | Dec. 22 - Jan. 20.
 You will be in a fault-finding mood today. You just can't keep from pointing others' mistakes.

Aquarius | Jan. 21 - Feb. 18.
 Look for time-saving and energy-saving shortcuts today — there's plenty of them waiting to be used.

Pisces | Feb. 19 - March 20.
 You don't care how many egos might get bruised, you have things to say and they cannot wait any longer. **SALLY BROMPTON**



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Today



Friday



Know what the weather will be 14 days from now. Check the 14 day trend.

TWN incorporates MSC data

Image



Win!



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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Pie. Thank you Pie, It's been awhile since I sent you some words to make you smile. You are always in my thoughts, so don't think that I forgot. I want you to know my love for you continues to grow. We've been together awhile, let's continue to make each other smile. I gave you my heart from the very start. A lot has changed, but our love still remains. See you tonight for pie! Love Muffinman

Rain Ramble. why hello, sorry i've been tuned out of here lately i've been trying to stay away from the internet ... the first rule of being stong = dont cry when ppl tease you..lol. i dont know how to make this all better so i guess ill shut up. From Denny

The Love of My Life. I loved you so much when we were together. The day we broke up my heart shattered. It was a rough time getting it pieced together again. It's never fully gotten there. I love you and miss you always. One day maybe you'll come back. Broken hearted

JohnDoe. I Love And Miss You SOO Much!!! i cant wait to see you <3 xoxo Your Lover Jane

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160-hp/165-HP/178-hp/180-hp/187-hp/190-hp/194-hp/197-hp/200-hp/204-hp/207-hp/210-hp/213-hp/216-hp/219-hp/222-hp/225-hp/228-hp/231-hp/234-hp/237-hp/240-hp/243-hp/246-hp/249-hp/252-hp/255-hp/258-hp/261-hp/264-hp/267-hp/270-hp/273-hp/276-hp/279-hp/282-hp/285-hp/288-hp/291-hp/294-hp/297-hp/299-hp/302-hp/305-hp/308-hp/311-hp/314-hp/317-hp/320-hp/323-hp/326-hp/329-hp/332-hp/335-hp/338-hp/341-hp/344-hp/347-hp/350-hp/353-hp/356-hp/359-hp/362-hp/365-hp/368-hp/371-hp/374-hp/377-hp/380-hp/383-hp/386-hp/389-hp/392-hp/395-hp/398-hp/401-hp/404-hp/407-hp/410-hp/413-hp/416-hp/419-hp/422-hp/425-hp/428-hp/431-hp/434-hp/437-hp/440-hp/443-hp/446-hp/449-hp/452-hp/455-hp/458-hp/461-hp/464-hp/467-hp/470-hp/473-hp/476-hp/479-hp/482-hp/485-hp/488-hp/491-hp/494-hp/497-hp/499-hp/502-hp/505-hp/508-hp/511-hp/514-hp/517-hp/520-hp/523-hp/526-hp/529-hp/532-hp/535-hp/538-hp/541-hp/544-hp/547-hp/550-hp/553-hp/556-hp/559-hp/562-hp/565-hp/568-hp/571-hp/574-hp/577-hp/580-hp/583-hp/586-hp/589-hp/592-hp/595-hp/598-hp/601-hp/604-hp/607-hp/610-hp/613-hp/616-hp/619-hp/622-hp/625-hp/628-hp/631-hp/634-hp/637-hp/640-hp/643-hp/646-hp/649-hp/652-hp/655-hp/658-hp/661-hp/664-hp/667-hp/670-hp/673-hp/676-hp/679-hp/682-hp/685-hp/688-hp/691-hp/694-hp/697-hp/699-hp/702-hp/705-hp/708-hp/711-hp/714-hp/717-hp/720-hp/723-hp/726-hp/729-hp/732-hp/735-hp/738-hp/741-hp/744-hp/747-hp/750-hp/753-hp/756-hp/759-hp/762-hp/765-hp/768-hp/771-hp/774-hp/777-hp/780-hp/783-hp/786-hp/789-hp/792-hp/795-hp/798-hp/801-hp/804-hp/807-hp/810-hp/813-hp/816-hp/819-hp/822-hp/825-hp/828-hp/831-hp/834-hp/837-hp/840-hp/843-hp/846-hp/849-hp/852-hp/855-hp/858-hp/861-hp/864-hp/867-hp/870-hp/873-hp/876-hp/879-hp/882-hp/885-hp/888-hp/891-hp/894-hp/897-hp/899-hp/902-hp/905-hp/908-hp/911-hp/914-hp/917-hp/920-hp/923-hp/926-hp/929-hp/932-hp/935-hp/938-hp/941-hp/944-hp/947-hp/950-hp/953-hp/956-hp/959-hp/962-hp/965-hp/968-hp/971-hp/974-hp/977-hp/980-hp/983-hp/986-hp/989-hp/992-hp/995-hp/998-hp/1001-hp/1004-hp/1007-hp/1010-hp/1013-hp/1016-hp/1019-hp/1022-hp/1025-hp/1028-hp/1031-hp/1034-hp/1037-hp/1040-hp/1043-hp/1046-hp/1049-hp/1052-hp/1055-hp/1058-hp/1061-hp/1064-hp/1067-hp/1070-hp/1073-hp/1076-hp/1079-hp/1082-hp/1085-hp/1088-hp/1091-hp/1094-hp/1097-hp/1099-hp/1102-hp/1105-hp/1108-hp/1111-hp/1114-hp/1117-hp/1120-hp/1123-hp/1126-hp/1129-hp/1132-hp/1135-hp/1138-hp/1141-hp/1144-hp/1147-hp/1150-hp/1153-hp/1156-hp/1159-hp/1162-hp/1165-hp/1168-hp/1171-hp/1174-hp/1177-hp/1180-hp/1183-hp/1186-hp/1189-hp/1192-hp/1195-hp/1198-hp/1201-hp/1204-hp/1207-hp/1210-hp/1213-hp/1216-hp/1219-hp/1222-hp/1225-hp/1228-hp/1231-hp/1234-hp/1237-hp/1240-hp/1243-hp/1246-hp/1249-hp/1252-hp/1255-hp/1258-hp/1261-hp/1264-hp/1267-hp/1270-hp/1273-hp/1276-hp/1279-hp/1282-hp/1285-hp/1288-hp/1291-hp/1294-hp/1297-hp/1300-hp/1303-hp/1306-hp/1309-hp/1312-hp/1315-hp/1318-hp/1321-hp/1324-hp/1327-hp/1330-hp/1333-hp/1336-hp/1339-hp/1342-hp/1345-hp/1348-hp/1351-hp/1354-hp/1357-hp/1360-hp/1363-hp/1366-hp/1369-hp/1372-hp/1375-hp/1378-hp/1381-hp/1384-hp/1387-hp/1390-hp/1393-hp/1396-hp/1399-hp/1402-hp/1405-hp/1408-hp/1411-hp/1414-hp/1417-hp/1420-hp/1423-hp/1426-hp/1429-hp/1432-hp/1435-hp/1438-hp/1441-hp/1444-hp/1447-hp/1450-hp/1453-hp/1456-hp/1459-hp/1462-hp/1465-hp/1468-hp/1471-hp/1474-hp/1477-hp/1480-hp/1483-hp/1486-hp/1489-hp/1492-hp/1495-hp/1498-hp/1501-hp/1504-hp/1507-hp/1510-hp/1513-hp/1516-hp/1519-hp/1522-hp/1525-hp/1528-hp/1531-hp/1534-hp/1537-hp/1540-hp/1543-hp/1546-hp/1549-hp/1552-hp/1555-hp/1558-hp/1561-hp/1564-hp/1567-hp/1570-hp/1573-hp/1576-hp/1579-hp/1582-hp/1585-hp/1588-hp/1591-hp/1594-hp/1597-hp/1599-hp/1602-hp/1605-hp/1608-hp/1611-hp/1614-hp/1617-hp/1620-hp/1623-hp/1626-hp/1629-hp/1632-hp/1635-hp/1638-hp/1641-hp/1644-hp/1647-hp/1650-hp/1653-hp/1656-hp/1659-hp/1662-hp/1665-hp/1668-hp/1671-hp/1674-hp/1677-hp/1680-hp/1683-hp/1686-hp/1689-hp/1692-hp/1695-hp/1698-hp/1701-hp/1704-hp/1707-hp/1710-hp/1713-hp/1716-hp/1719-hp/1722-hp/1725-hp/1728-hp/1731-hp/1734-hp/1737-hp/1740-hp/1743-hp/1746-hp/1749-hp/1752-hp/1755-hp/1758-hp/1761-hp/1764-hp/1767-hp/1770-hp/1773-hp/1776-hp/1779-hp/1782-hp/1785-hp/1788-hp/1791-hp/1794-hp/1797-hp/1799-hp/1802-hp/1805-hp/1808-hp/1811-hp/1814-hp/1817-hp/1820-hp/1823-hp/1826-hp/1829-hp/1832-hp/1835-hp/1838-hp/1841-hp/1844-hp/1847-hp/1850-hp/1853-hp/1856-hp/1859-hp/1862-hp/1865-hp/1868-hp/1871-hp/1874-hp/1877-hp/1880-hp/1883-hp/1886-hp/1889-hp/1892-hp/1895-hp/1898-hp/1901-hp/1904-hp/1907-hp/1910-hp/1913-hp/1916-hp/1919-hp/1922-hp/1925-hp/1928-hp/1931-hp/1934-hp/1937-hp/1940-hp/1943-hp/1946-hp/1949-hp/1952-hp/1955-hp/1958-hp/1961-hp/1964-hp/1967-hp/1970-hp/1973-hp/1976-hp/1979-hp/1982-hp/1985-hp/1988-hp/1991-hp/1994-hp/1997-hp/1999-hp/2002-hp/2005-hp/2008-hp/2011-hp/2014-hp/2017-hp/2020-hp/2023-hp/2026-hp/2029-hp/2032-hp/2035-hp/2038-hp/2041-hp/2044-hp/2047-hp/2050-hp/2053-hp/2056-hp/2059-hp/2062-hp/2065-hp/2068-hp/2071-hp/2074-hp/2077-hp/2080-hp/2083-hp/2086-hp/2089-hp/2092-hp/2095-hp/2098-hp/2101-hp/2104-hp/2107-hp/2110-hp/2113-hp/2116-hp/2119-hp/2122-hp/2125-hp/2128-hp/2131-hp/2134-hp/2137-hp/2140-hp/2143-hp/2146-hp/2149-hp/2152-hp/2155-hp/2158-hp/2161-hp/2164-hp/2167-hp/2170-hp/2173-hp/2176-hp/2179-hp/2182-hp/2185-hp/2188-hp/2191-hp/2194-hp/2197-hp/2199-hp/2202-hp/2205-hp/2208-hp/2211-hp/2214-hp/2217-hp/2220-hp/2223-hp/2226-hp/2229-hp/2232-hp/2235-hp/2238-hp/2241-hp/2244-hp/2247-hp/2250-hp/2253-hp/2256-hp/2259-hp/2262-hp/2265-hp/2268-hp/2271-hp/2274-hp/2277-hp/2280-hp/2283-hp/2286-hp/2289-hp/2292-hp/2295-hp/2298-hp/2301-hp/2304-hp/2307-hp/2310-hp/2313-hp/2316-hp/2319-hp/2322-hp/2325-hp/2328-hp/2331-hp/2334-hp/2337-hp/2340-hp/2343-hp/2346-hp/2349-hp/2352-hp/2355-hp/2358-hp/2361-hp/2364-hp/2367-hp/2370-hp/2373-hp/2376-hp/2379-hp/2382-hp/2385-hp/2388-hp/2391-hp/2394-hp/2397-hp/2399-hp/2402-hp/2405-hp/2408-hp/2411-hp/2414-hp/2417-hp/2420-hp/2423-hp/2426-hp/2429-hp/2432-hp/2435-hp/2438-hp/2441-hp/2444-hp/2447-hp/2450-hp/2453-hp/2456-hp/2459-hp/2462-hp/2465-hp/2468-hp/2471-hp/2474-hp/2477-hp/2480-hp/2483-hp/2486-hp/2489-hp/2492-hp/2495-hp/2498-hp/2501-hp/2504-hp/2507-hp/2510-hp/2513-hp/2516-hp/2519-hp/2522-hp/2525-hp/2528-hp/2531-hp/2534-hp/2537-hp/2540-hp/2543-hp/2546-hp/2549-hp/2552-hp/2555-hp/2558-hp/2561-hp/2564-hp/2567-hp/2570-hp/2573-hp/2576-hp/2579-hp/2582-hp/2585-hp/2588-hp/2591-hp/2594-hp/2597-hp/2599-hp/2602-hp/2605-hp/2608-hp/2611-hp/2614-hp/2617-hp/2620-hp/2623-hp/2626-hp/2629-hp/2632-hp/2635-hp/2638-hp/2641-hp/2644-hp/2647-hp/2650-hp/2653-hp/2656-hp/2659-hp/2662-hp/2665-hp/2668-hp/2671-hp/2674-hp/2677-hp/2680-hp/2683-hp/2686-hp/2689-hp/2692-hp/2695-hp/2698-hp/2701-hp/2704-hp/2707-hp/2710-hp/2713-hp/2716-hp/2719-hp/2722-hp/2725-hp/2728-hp/2731-hp/2734-hp/2737-hp/2740-hp/2743-hp/2746-hp/2749-hp/2752-hp/2755-hp/2758-hp/2761-hp/2764-hp/2767-hp/2770-hp/2773-hp/2776-hp/2779-hp/2

The fresh, the future and the forget it of fashion

Four weeks later.

We attempt to make sense of a chaotic month of catwalks

KENYA HUNT
Metro World News in London

NOW

The decorated waist

Inhale and hold. The waist was a major focal point for the fall shows.

Burberry Prorsum highlighted it with little bows, Etro played it up with horsey harnesses and pepplums, while Fendi and Acne cinched it with wide, sculpting belts. This is probably the easiest idea to adopt now. Simply grab a ribbon and tie it around any one of spring's trendy, lady-like dresses.

Clothes you can breathe in

Despite all the nipped and cinched waists we've seen all month, there was also an overall no-squeezing-required easiness to a lot of the clothes designers showed for fall.

Basically, you don't have to have the perfect body to pull them off.

Think relaxed and slouchy trousers (as seen at Balenciaga, Dries van Noten and Proenza Schouler, to name a few) and skirts that are forgivingly full and knee length (Marc Jacobs, Rodarte and Rochas are good examples).

So go ahead and eat the bun that came with that hamburger.

NEXT FALL

Dark and moody

The darker the colour, the more on-trend you'll be next fall. Burgundy, oxblood and purple were the colours of the season in New York and London showing up everywhere from Diane von Furstenberg to Jason Wu to Christopher Kane.

And black dominated Milan and Paris — just look at Gucci, Alberta Ferretti, Roberto Cavalli, Givenchy and Yves Saint Laurent for proof. You get extra points if you go dark from head to toe à la Rooney Mara,

Huge problems

"Steer clear of any garment that looks like it could eat you for lunch or take up its own seat on the subway unless you are a fashionista with the most advanced degree."

Kenya Hunt, Metro World News

the most referenced girl of the month. But we suggest holding off until September before you start rocking this look. The Girl With the Dragon Tattoo goth thing can get a little hot and sweaty in spring.

Look-at-me outerwear

Technically, every autumn/winter show is an outerwear show.

Coats and jackets are one of those items that women rarely skimp on, so designers like to give plenty to choose from here.

That said, the outerwear reached new heights when it comes to fabric innovation and embellishment — that's a good thing when you consider that the winter coat is the only thing a person really sees on the street in winter.

Our votes for season's best goes to Prada (decorative and ornamental), Alexander Wang (slick, sleek and urban) and Jil Sander (soft, chic and romantic).

NEVER

Anything that appears to swallow you whole

Outsize coats and dresses are having a moment again thanks to Marc Jacobs and Comme des Garçons. But word to the wise: steer clear of any garment that looks like it could eat you for lunch or take up its own seat on the subway unless you are a fashionista with the most advanced degree.

Animals appearing 2D and 3D on clothing

Jeremy Scott attached a giant white unicorn to a black evening dress. And Jean-Charles de Castelbajac affixed life-size toucan heads to the shoulders of tweed suits. But unless your name is Lady Gaga, neither of these looks will go over well in the day-to-day.



Diane von Furstenberg / GETTY IMAGES



Jeremy Scott / GETTY IMAGES



Fendi / GETTY IMAGES

Music à la mode

If the clothes could sing

When soundtracks go right

The playlist for Raf Simons' last Jil Sander show included The Smashing Pumpkins Tonight, Mazzy Star's Fade Into You, and Sonic Youth's cover of Superstar. It was poignant and slightly melancholic, helping to get the audience appropriately choked up for Simons's final bow.

And when they go wrong

Sportmax showed a solid, polished collection. But that's not what everyone was talking about after the show. That would actually be the soundtrack, which was randomly filled with the raunchiest hip hop club bangers including The Ying Yang Twins's notoriously perty Whisper Song.

The Azealia vs. Lana sing-off

It was the month of Azealia Banks's 212 and Lana del Rey's Video Games with their music popping up at Unique, Blugirl, Etro, Tracy Reese, the list goes on. That said, maybe it's time for these ladies to drop a new single?



Prada / GETTY IMAGES



Style file

Five more ubiquitous ideas

1 Military

2 Asian-inspired prints

3 Men's wear for women

4 Exotic textures

5 Rich embellishments



On the Web



Publicist Kelly Cutrone now keeping it real on America's Next Top Model.